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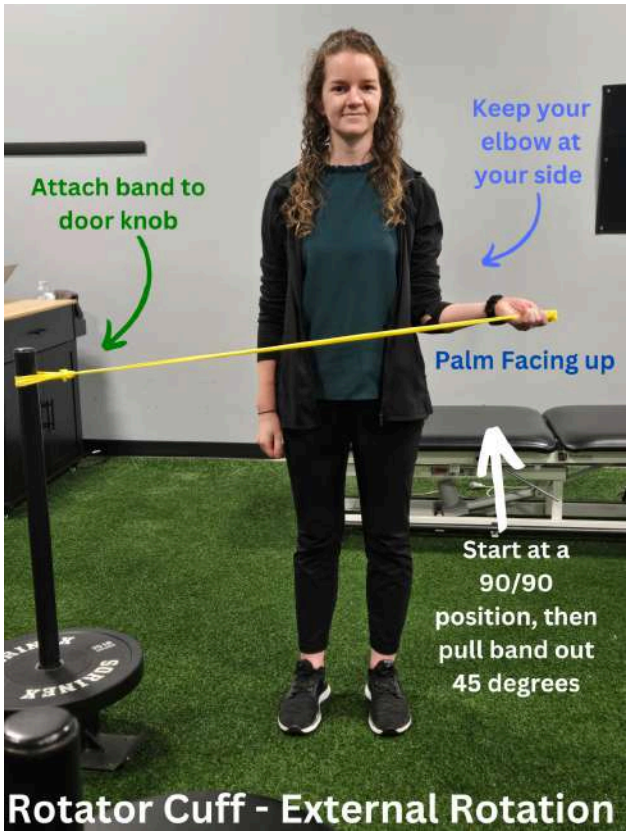
Banded Rotator Cuff Exercise – Exercise Instructions

- This exercise will be performed standing, close to a door.
- Attach the loop of your exercise band around the outside door handle.
    - Then close the door. So the loop of the exercise band is on the other side of the door.
- Stand perpendicular to the door with the affected shoulder closest to the door.
- Place a towel or object between your elbow and your side.
    - This will make sure your elbow is tucked to your side at all times. This is key to the exercise.
- Hold the band in the arm closest to the door.
- Starting with your forearm at a 45-degree angle away from your body, pull the band inward towards your body, until your wrist is pointing straight ahead of you.
- Return to starting position, at the 45-degree angle outward.
- Repeat 10x
- Then turn around 180-degrees, so you are facing the opposite direction.
    - The exercise band is still in the same hand, but you are now facing the opposite way.
    - This should still be your affected shoulder
- Starting with your forearm 45-degree inward or across your body
    - Now pull the band outward, away from your body, until your wrist is pointing straight ahead.
- Return to starting position, at the 45-degree angle inward.
- Repeat 10x
- Perform this exercise 3x per day OR as prescribed by your doctor.
- Note:
    - This exercise helps strengthen your rotator cuff muscles. The different directions target different muscles. Most people typically feel one direction more than the other
    - If you notice any discomfort or pain that is not in the top back of your shoulder, please stop and consult with your doctor.
    - As always, abide by a pain rule of 4/10. Anything below a 4/10 is okay to push through. Anything above a 4/10, please stop and consult your doctor. We understand this rule is subjective but do your best to judge your pain.



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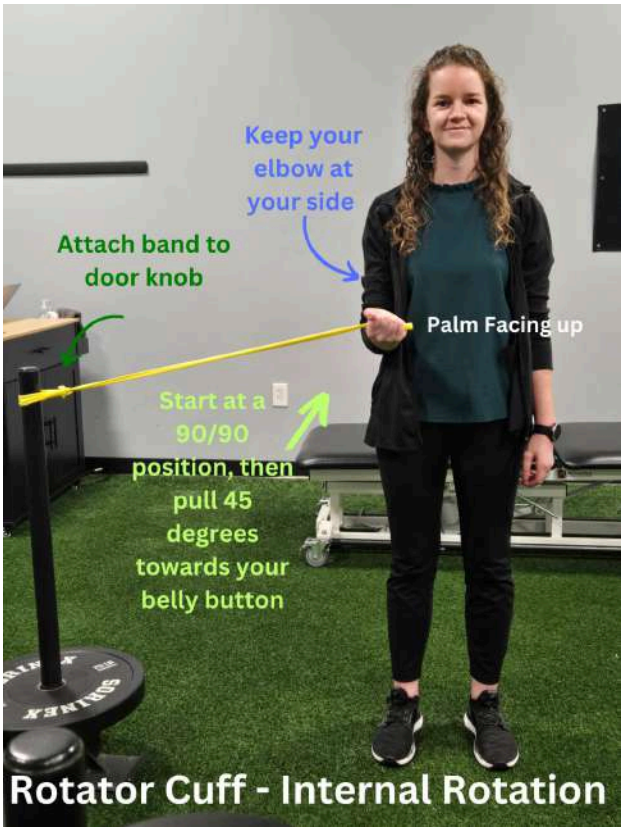

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