

Shoulder: Rotator Cuff Isometric Program – Standing

Isometric exercises are muscle tightening exercises performed with no joint movement. Their action is to increase circulation for healing and strengthening muscles with minimal joint irritation.

For all exercises, stand with good posture by pulling your shoulder blades slightly down and inward.

1. Internal/External Rotation

Stand in a doorway with arm at side and elbow bent to 90°.

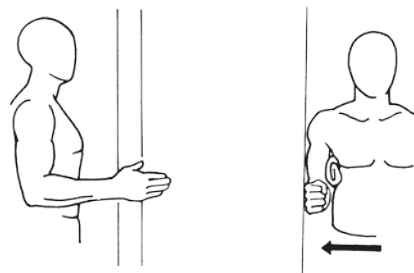
Place a small towel roll between arm and body.

Press front or back of forearm into surface.

Press as hard as you can without pain or discomfort and hold for 5 seconds.

Perform _____ sets _____ repetitions _____ times/day.

Progress to _____ sets _____ reps _____ times/day.



2. Extension

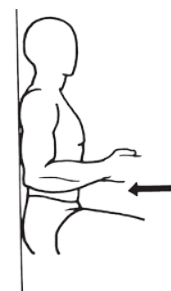
Sit or stand with back against wall.

Press back of elbow into surface.

Press as hard as you can without pain or discomfort and hold for 5 seconds.

Perform _____ sets _____ repetitions _____ times/day.

Progress to _____ sets _____ reps _____ times/day.



3. Abduction

Sit or stand with involved arm against the wall, elbow flexed 90°.

Place a small towel roll between arm and body.

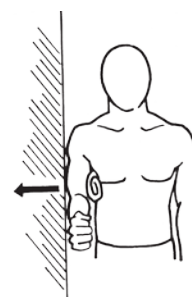
Push elbow out to the side against wall.

Keep arm at side.

Press as hard as you can without pain or discomfort and hold for 5 seconds.

Perform _____ sets _____ repetitions _____ times/day.

Progress to _____ sets _____ reps _____ times/day.



4. Flexion

Sit or stand with elbow flexed 90°, facing wall.

Place a small towel roll between arm and body.

Push hand forward against wall.

Press as hard as you can without pain or discomfort and hold for 5 seconds.

Perform _____ sets _____ repetitions _____ times/day.

Progress to _____ sets _____ reps _____ times/day.

