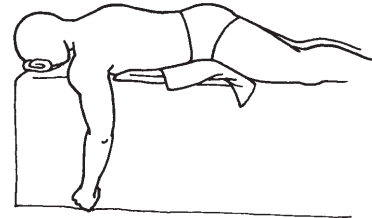


## Shoulder: Rotator Cuff Home Exercise Program – Prone

Begin all of the following exercises in the described position:  
Lie on stomach, pillow support under stomach, head positioned neutrally with towel roll under forehead and arm hanging off the table.



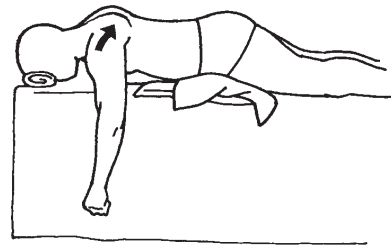
### 1. Prone Retraction (shoulder blade setting position)

While attempting to keep arm hanging, move shoulder blade toward spine.

Hold 5 seconds.

Begin \_\_\_\_\_ sets of \_\_\_\_\_.

Progress to \_\_\_\_\_ sets of \_\_\_\_\_.



### 2. Prone Shoulder Extension with External Rotation

Set shoulder blade as in #1.

Turn palm toward floor.

Bring arm away from floor to your side.

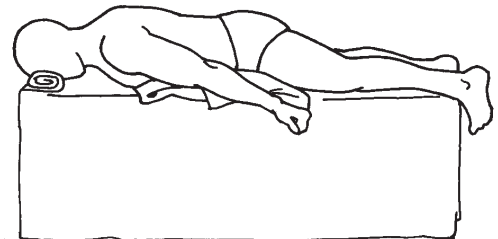
Hold 5 seconds.

Return hand toward floor.

Release shoulder blade set position.

Begin \_\_\_\_\_ sets of \_\_\_\_\_.

Progress to \_\_\_\_\_ sets of \_\_\_\_\_.



### 3. Shoulder Row

Set shoulder blade as in #1.

Bring hand away from floor as you bend elbow.

Emphasis is on bringing shoulder blade toward spine.

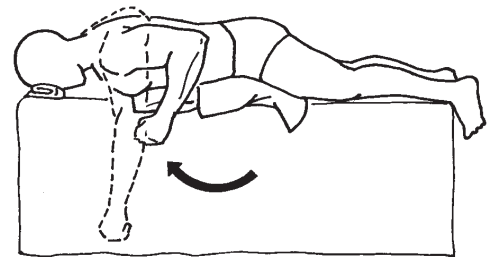
Hold 5 seconds.

Return hand toward floor.

Release shoulder blade.

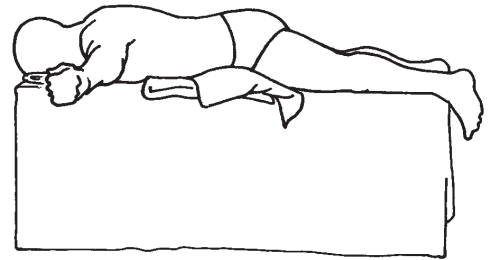
Begin \_\_\_\_\_ sets of \_\_\_\_\_.

Progress to \_\_\_\_\_ sets of \_\_\_\_\_.



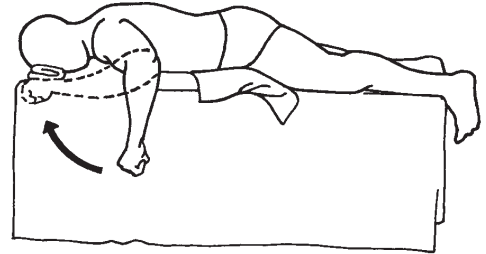
#### 4. Horizontal Abduction (thumb up)

Set shoulder blade as in #1.  
Point thumb toward ceiling.  
Lift arm out to side at eye level (100°)  
Hold 5 seconds.  
Return hand toward floor.  
Release shoulder blade.  
Begin \_\_\_\_\_ sets of \_\_\_\_\_.  
Progress to \_\_\_\_\_ sets of \_\_\_\_\_.



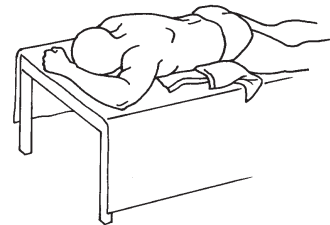
#### 5. Prone External Rotation (6-step exercise)

Set shoulder blade.  
Raise elbow straight out to the side, to just below table level, letting elbow bend to 90°.  
Rotate shoulder by moving back of hand upward toward ceiling.  
Hold 5 seconds.  
Derotate arm. Lower elbow toward floor.  
Release shoulder blade.  
Begin \_\_\_\_\_ sets of \_\_\_\_\_.  
Progress to \_\_\_\_\_ sets of \_\_\_\_\_.

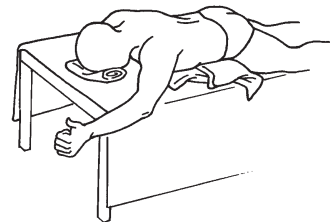


#### 6. Prone Scaption Arm Raise – Lower Trapezius Exercise

a. Begin with arm supported above head on table, elbow bent.  
Raise arm off table.  
Hold 5 seconds.  
Begin \_\_\_\_\_ sets of \_\_\_\_\_.  
Progress to \_\_\_\_\_ sets of \_\_\_\_\_.

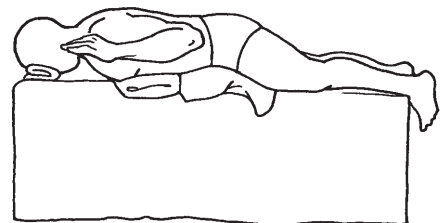


b. Begin with arm hanging off table, turn thumb toward ceiling.  
Raise arm forward to position below level of table.  
Hold 5 seconds.  
Return hand toward floor.  
Begin \_\_\_\_\_ sets of \_\_\_\_\_.  
Progress to \_\_\_\_\_ sets of \_\_\_\_\_.



#### 7. Prone Pivot Prone

Lie on stomach with pillow support.  
Maintain neutral head position.  
Bring elbows toward back pocket with elbows bent, wrist bent leading with little finger.  
Hold 5 seconds.  
Return hand toward floor.  
Begin \_\_\_\_\_ sets of \_\_\_\_\_.  
Progress to \_\_\_\_\_ sets of \_\_\_\_\_.



The information presented is intended for general information and educational purposes. It is not intended to replace the advice of your health care provider. Contact your health care provider if you believe you have a health problem.