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 ________.