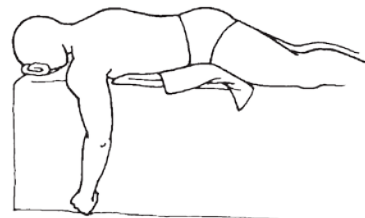


## Shoulder: Rotator Cuff Home Exercise Program – Prone

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.



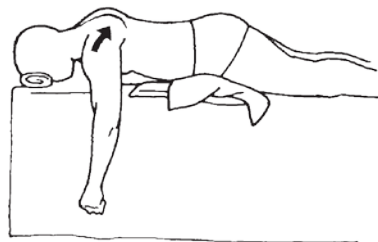
### 1. Prone Retraction (shoulder blade setting position)

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.

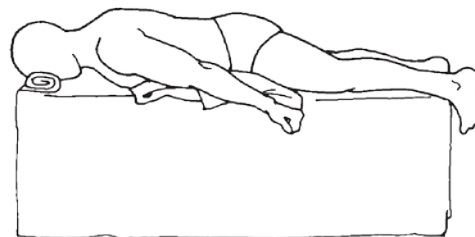
Hold 5 seconds.

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.

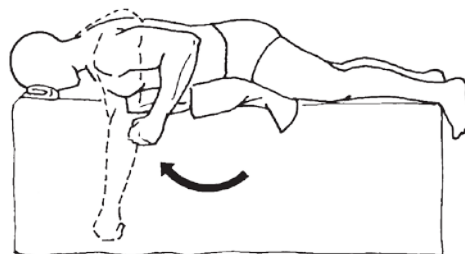
Hold 5 seconds.

Return hand toward floor.

Release shoulder blade.

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

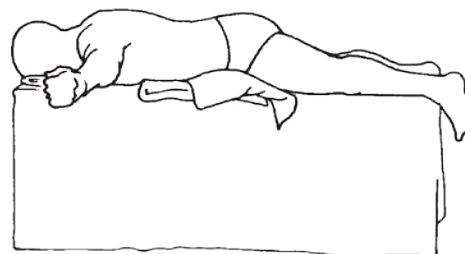
Progress to \_\_\_\_\_ sets of \_\_\_\_\_.



*Continued*

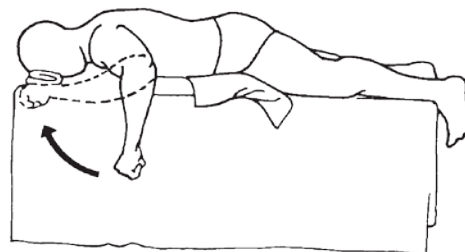
#### 4. Horizontal Abduction (thumb up)

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 \_\_\_\_\_.

