

Rotator Cuff & Scapular Stabilization



Bend elbow to 90 degrees, bring elbow up toward the ceiling. Squeezing the shoulder blade toward your spine.
 Hold for _____ Seconds. _____ Reps
 Perform _____ Daily



Bring elbow up 90 degrees then rotate hand toward the ceiling.
 Hold for _____ Seconds. _____ Reps
 Perform _____ Daily



Raise arm out 105 degrees with your thumb pointing up. Keep the elbow straight.
 Hold for _____ Seconds. _____ Reps
 Perform _____ Daily



Raise arm out to the side 90 degrees with your thumb pointed up.
 Hold for _____ Seconds. _____ Reps
 Perform _____ Daily

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Keep elbow against the towel roll. Rotate up toward the ceiling with your lower arm elbow flexed at 90 degrees.
 Hold for _____ Seconds. _____ Reps
 Perform _____ Daily