To view video clips and further instruction of your prescribed exercise program, please visit www.OrthoIndy.com/PTVideos.

Rotator Cuff Strengthening With a Theraband

Shoulder External Rotation with Anchored Resistance

**Setup**
Begin in a standing upright position with your elbow bent at 90 degrees and a towel roll tucked under your arm, holding a resistance band. The anchor point should be on the side furthest away from your bent arm.

**Movement**
Slowly rotate your arm out to the side.

**Tip**
Make sure to keep your hips and shoulders facing forward and maintain a gentle chin tuck throughout the exercise.

Reps: 10  Sets: 3  Hold (sec): 5  Weekly: 5x  Daily: 2x

![Step 1](image1.png) ![Step 2](image2.png)

Shoulder Internal Rotation with Resistance

**Setup**
Begin in a standing upright position with your elbow bent at 90 degrees and a towel roll tucked under your arm, holding a resistance band. The anchor point should be on the side closest to your bent arm.

**Movement**
Slowly rotate your arm inward.

**Tip**
Make sure to keep your hips and shoulders facing forward and maintain a gentle chin tuck throughout the exercise.

Reps: 10  Sets: 3  Hold (sec): 5  Weekly: 5x  Daily: 2x

![Step 1](image3.png) ![Step 2](image4.png)

Single Arm Shoulder Extension with Anchored Resistance

**Setup**
Begin in a standing position holding one end of a resistance band with your arm straight in front of your body. You should be facing the anchor point.

**Movement**
Pull your arm down to your side against the resistance band, then return to start and repeat.

**Tip**
Make sure to keep your elbow straight and maintain good posture during the exercise.

Reps: 10  Sets: 3  Hold (sec): 5  Weekly: 5x  Daily: 2x

![Step 1](image5.png) ![Step 2](image6.png)
Standing Shoulder Row with Anchored Resistance

**Setup**
Begin in a standing upright position, holding both ends of a resistance band that is anchored in front of you at chest height, with your palms facing inward.

**Movement**
Pull your arms back with your elbows tucked at your sides, then return to the starting position and repeat.

**Tip**
Make sure to keep your back straight during the exercise and think of squeezing your shoulder blades together as you pull on the band.

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Standing Single Arm Shoulder Flexion with Posterior Anchored Resistance

**Setup**
Begin in a standing position holding one end of a resistance band with your arm at your side. You should be facing away from the anchor point.

**Movement**
Leading with your thumb, pull against the resistance band, lifting your arm straight in front of your body, then return to start and repeat.

**Tip**
Make sure to keep your elbow straight and do not shrug your shoulder during the exercise.