

THE MOST EFFECTIVE ROTATOR CUFF EXERCISE PROGRAM

Exercises for a Pain-free &
Strong Rotator Cuff

Rick Kaselj of EffectiveRotatorCuffExercises.com

- *Client Handout* -

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Exercise Considerations






You or your client are encouraged to consult with his or her physician before beginning the exercises in this book. Your client's physician will determine which exercises are appropriate and if there are any exercises to avoid or modify.

Disclaimer


Effective Rotator Cuff Exercises is primarily an educational resource and is not intended to take the place of the advice and recommendations of a physician. If you suspect your client has a health problem, please have him or her seek the services of a physician or healthcare professional.

Exercise is an ever-changing science. As new research and clinical experience broaden our knowledge, changes in exercise and exercise prescriptions are inevitable. The author has checked with sources believed to be reliable in his effort to provide information that is complete and generally in accord with the standards accepted at the time of publication. However, in view of the possibility of human error or changes in exercise science, neither the author nor any other party who has been involved in the preparation or publication of this work warrants that the information contained herein is in every respect accurate or complete, and they are not responsible for any errors or omissions or for the results obtained from the use of such information. Readers are encouraged to confirm the information contained herein with other sources.





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Cardiovascular												
Exercise	Day											
Elliptical with Arms 	1 set of 10 reps											
Range of Motion / Flexibility												
Lats Stretch – Sagittal 	2 times for 30 seconds											
Lats Stretch – Frontal 	2 times for 30 seconds											
Lats Stretch – Transverse 	2 times for 30 seconds											
Isometrics												
ISOMETRIC - EXTENSION 	1 set of 6 reps											



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<p>ISOMETRIC - EXTERNAL ROTATION</p> 	<p>1 set of 6 reps</p>												
<p>ISOMETRIC - SHOULDER ABDUCTION</p> 	<p>1 set of 6 reps</p>												
<p>ISOMETRIC - SHOULDER FLEXION</p> 	<p>1 set of 6 reps</p>												
Scapular Stabilization													
	<p>1 set of 5 reps</p>												

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Strengthening												
<p>Sidelying ER with Dumbbell</p> 	<p>1 set of 12 reps</p>											
<p>IR with Elbow Against Body with Tubing</p> 	<p>1 set of 12 reps</p>											
<p>Full Can Exercise with Dumbbell</p> 	<p>1 set of 12 reps</p>											
<p>Bench Press</p> 	<p>1 set of 12 reps</p>											

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<p>Dumbbell Row</p> 	<p>1 set of 12 reps</p>												
<p>Dumbbell Press Corners</p> 	<p>1 set of 12 reps</p>												