

Rotator Cuff Program

With dumbbells perform 10 repetitions each of the first 12 exercises using 3 to 15 pound dumbbells.

Exercise # 1 : Start with weights at tip of shoulders. Alternate extending arms to full reach. Option: Alternate rotating palms out or in during extension.



Exercise #2: Start with weights at sides. Bring right arm to left shoulder bending elbow. palm up going up. palm down coming down.

