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ROTATOR-CUFF STRENGTHENING EXERCISES

You can restrengthen your rotator cuff muscles initially at home with a free-weight program. Start with a 1-lb dumbbell and increase as tolerated, usually 3 to 5 lbs for women and 5 to 10 lbs for men. Do the following exercises until fatigue sets in, or for 10 repetitions a day.

1. Arm Curl (standing)

Hold a dumbbell with your palm facing forward and your hand at your side. Bend your elbow and lift the weight to your shoulder. Slowly lower the weight to the starting position.



2. Reverse Arm Curl

Hold a dumbbell with your palm facing backward and your hand at your side. Bend your elbow and lift the weight to your shoulder. Slowly lower the weight to the starting position.



3. Front Lift (palm down)

Hold a dumbbell at your side, palm facing down with the elbow locked. Lift the weight straight up, with your arm no higher than parallel to the floor. Slowly lower the weight to the starting position.



4. Front Lift (palm up)

Hold a dumbbell at your side, palm facing up with the elbow locked. Lift the weight straight up, but no more than parallel to the floor. Slowly lower the weight to the starting position.



5. Lateral Lift

Hold a dumbbell at your side, palm facing the body. Lift the weight to the side, with your arm no higher than parallel to the floor. Slowly lower the weight to the starting position.



6. Bent-over Lateral Lift

Stand and bend over at a 90-degree angle. Grasp a dumbbell and, with elbow locked, lift the weight straight up to the side. Again, go no higher than parallel to the floor. Slowly lower the weight to the starting position.



7. Bent-over Chest Lift

Stand and bend over at a 90-degree angle. Grasp a dumbbell and, with elbow locked, lift the weight across your chest. Slowly lower the weight to the starting position.

