

Shoulder cuff exercises

Rotator cuff pain



How to use this sheet. Do the exercises slowly. Stop before the pain builds — mild discomfort is fine, sharp pain is not. A little every day beats a lot once a week.

1

Isometric external rotation



Stand beside a wall, elbow bent and tucked in, press the back of the hand into the wall without moving.

Hold 10 seconds**10 times****✓ Should feel**

The muscle working

X Should not feel

Sharp pain



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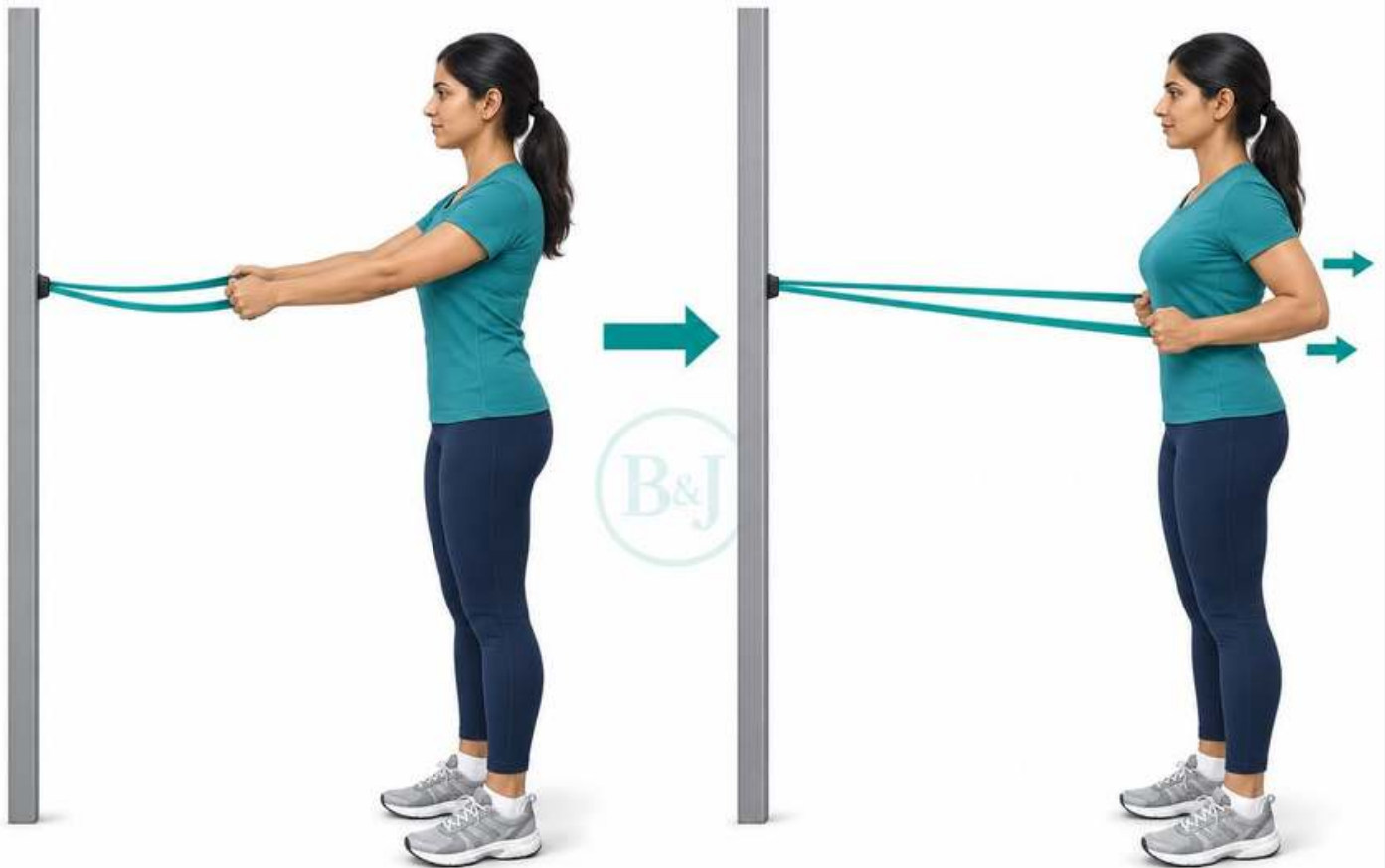
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Monday to Saturday · Sunday by prior appointment only

2

Band row

Pull a band back, squeezing the shoulder blades together.

12 times**Once a day****✓ Should feel**

The shoulder blade muscles working

✗ Should not feel

Shrugging

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3

Shoulder blade squeeze



Squeeze the shoulder blades together and down.

10 times

3 times a day

✓ **Should feel**

Between the shoulder blades

✗ **Should not feel**

The shoulders lifting



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External rotation stretch



Gently stretch the back of the shoulder.

Hold 20 seconds

5 times

✓ **Should feel**
A stretch behind

✗ **Should not feel**
Pinching



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5

Doorway chest stretch



Forearms on a doorframe, step through gently.

Hold 20 seconds

3 times

✓ **Should feel**

A stretch across the chest

✗ **Should not feel**

Shoulder pain at the front

Stop and telephone us if

- The pain is getting worse, not better, after two weeks
- You get new numbness, tingling or weakness
- The joint swells up or locks
- You feel unwell or feverish



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