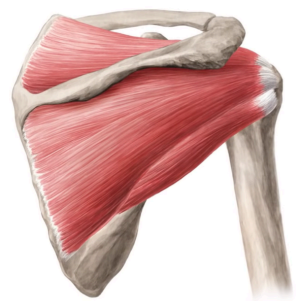




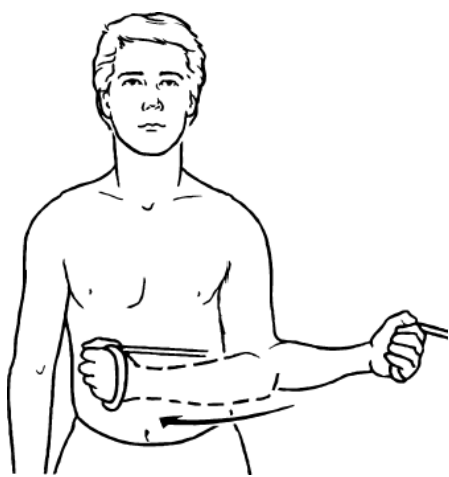
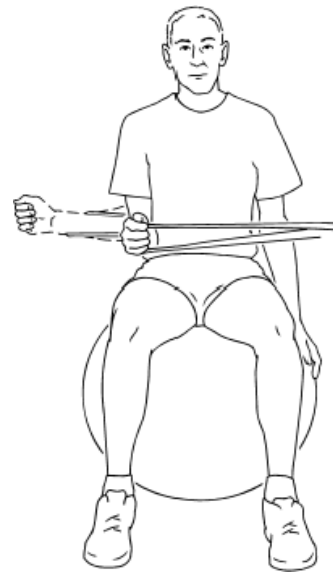
# Strengthening & Stretching The Rotator Cuff



## 1

### External Rotation with band

Attach a band to a fixed object, keep your elbow at 90° by your side, and rotate your forearm outward.



## 2

### Internal Rotation with band

Similar to external rotation, but pull the band inward across your body.

## 3

### Cross over arm stretch

Pull your arm across your chest and hold for up to 30 seconds depending on own tolerance.



## 4

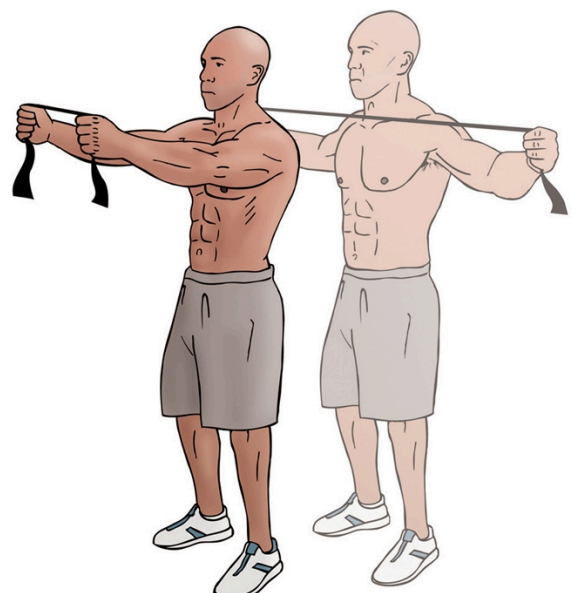
### Wall Slide

Stand with your back against the wall then push arms up, with hands and elbows touching the wall.

## 5

### Scapula retraction

Hold a band with your palms facing up and raise them to just below shoulder height. Pull the band apart until the middle of the band touches your chest and slowly return back to starting position.



Exercises help strengthen supporting muscles, maintain range of motion, improve circulation to the affected area, and reduce pain and stiffness.

Perform the exercises and stretches that are directed by your chiropractor, staying within your comfort level. If you experience severe pain, stop immediately and consult your chiropractor with any concerns.