



Phase 2: Increase Strength and Stability of Rotator Cuff and Scapular Muscles (Weeks 5-8)

Strength Deltoid Anterior:

While holding an elastic band at your side, draw up your arm up in front of you keeping your elbow straight and your thumb pointing up; pause at the top and slowly return your shoulder to the starting position. Perform 2-3 sets of 10 repetitions. Perform 1 time per day.

Strength Deltoid Middle:

While holding an elastic band at your side, draw up your arm to the side keeping your elbow straight and your thumb pointing up; pause at the top and slowly return your shoulder to the starting position. . Perform 2-3 sets of 10 repetitions. Perform 1 time per day.

Strength Deltoid Posterior:

While holding an elastic band at your side with your elbows straight, pull the band backwards as far as is comfortable for your shoulder, then go back to starting position. Perform 2-3 sets of 10 repetitions. Perform 1 time per day.

Strength ER:

While holding an elastic band at your side with your elbow bent, start with your hand near your stomach and then pull the band away. Keep your elbow at your side the entire time. . Perform 2-3 sets of 10 repetitions. Perform 2-3 sets of 10 repetitions. Perform 1 time per day.

Strength Fly:

Stand next to the band with a straight elbow and arm positioned at shoulder height out to the side of the body at approximately 85 degrees. While maintaining the shoulder blade in scapular depression (keeping the shoulder blade down), gently pull the band inward toward the midline until the fist is directly in front of the shoulder. Keep the elbow straight throughout the entire duration of the exercise. The arm and fist should also remain at shoulder height when the arm moves towards the center. Hold for 1-2 seconds, then return to starting position. Perform 2-3 sets of 10 repetitions.

Strength Forward Press:

Place tubing in the door at just above elbow height. Stand facing away from the door with the uninvolved side foot forward. Holding the band at your side with elbow bent at 90 degrees and your shoulder blades pinched, press the band forward, straightening your arm and hold for 5 seconds. Return to starting position and repeat. Perform 2-3 sets of 10 repetitions.



Strength IR:

Using a theraband that is anchored, bend your elbow to 90 degrees and begin with slight tension on the band with your fist pointing forward. Next rotate your arm towards your stomach, pause and return to starting position. Make sure your shoulder blades are squeezed back. Perform 2-3 sets of 10 repetitions.

Strength Protraction Retraction:

Lie on your back holding a small free weight or soup can with your arm extended out in front of your body and towards the ceiling. While keeping your elbow straight, protract your shoulders forward towards the ceiling and then lower back down in a control motion. Do not allow your shoulder to raise towards your ears. Keep your elbow straight the entire time. Perform 2-3 sets of 10 repetitions.

Strength Row:

Standing with feet hip width apart, stomach drawn in and glute muscles tight. Start with arms extended in front of you. Pull shoulder blades down and back and then pull elbows in towards body. Slowly return to starting position. Perform 2-3 sets of 10 repetitions.

Pushup Wall:

Stand adjacent to a wall. Lean against the wall, with arms extended, so that your body is at a slight angle. Bend arms until your nose is about 2 inches away from the wall, then press out into full extension until shoulders are rounded. Perform 2-3 sets of 10 repetitions. Perform 1 time per day.