



## Rotator cuff exercises

Exercises	Notes
Saws	Thumbs up, flat, down Move arms forward and back like sawing a log
Punching biceps	Thumbs up, flat, down Elbows bent at 90` cross arms in front as if punching biceps
Pull hands "apart"	side to side / circle forward - backward / swim forward - backward palm facing palm interlock curled fingers. Take elbows as instructed above
Arms shoulder height at 90`	Push hands down while thumbs up, flat, down. Keep elbows at 90` while pushing hand to floor
Arms circles	(Thumbs up, flat, down) Circle forward and backward with each thumb position. Arms stretched out to the side
Prayer raises	Place palms together - put elbows together -raise arms up and out - repeat three times
Spider against a mirror	Put palms together then finger tips together - Wrist circles back and forth. Keep elbows up throughout.

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