**Rotator Cuff and Deltoid Strengthening (Short Lever Arm)**

**INTERNAL ROTATION**
1. With towel under arm and elbow bent 90 degrees
2. Start with arm out to side and pull it into your body
3. Repeat ____ reps, ____ sets, ____ times per day

**EXTERNAL ROTATION**
1. With towel under arm and elbow bent 90 degrees
2. Start with arm into your body and pull out to side
3. Repeat ____ reps, ____ sets, ____ times per day

**ABDUCTION (Short Lever Arm)**
1. With elbow bent 90 degrees
2. Push entire arm outward against resistance to approx. 45°
3. Repeat ____ reps, ____ sets, ____ times per day

**FLEXION (Short Lever Arm)**
1. With elbow bent 90 degrees
2. Pull straight forward against the resistance to approx. 45°
3. Repeat ____ reps, ____ sets, ____ times per day

**FLEXION (Short Lever Arm)**
1. With elbow bent 90 degrees
2. Pull straight forward against the resistance to approx. 45°
3. Repeat ____ reps, ____ sets, ____ times per day

**Alternate Between these Two exercises**
After each set

**Rotator Cuff and Deltoid Strengthening (Short Lever Arm)**

Each of the deltoid exercises can also be performed in a long lever arm position as a means of progressing

**EXTERNAL ROTATION (Sidelying)**
1. With towel under arm and elbow bent 90 degrees
2. Start with arm into your body and lift weight rotating your arm outward
3. Repeat ____ reps, ____ sets, ____ times per day

**ABDUCTION (Short Lever Arm)**
1. With elbow bent 90 degrees
2. Push entire arm outward against resistance to approx. 45°
3. Repeat ____ reps, ____ sets, ____ times per day

**INTERNAL ROTATION (Sidelying)**
With towel under arm and elbow bent 90 degrees
Start with arm into your body and lift weight rotating your arm outward
Repeat ____ reps, ____ sets, ____ times per day
Codman's Pendulum Exercises
Lean on a steady chair or table with uninjured arm. Relax the injured shoulder and swing gently by rocking body in all directions.

Table Flexion Stretch
With injured arm forward and resting on a table, slowly bend forward and stretch shoulder.

Wall climbing flexion
Stand facing a wall, use fingers to walk forward up the wall, moving and stretching the shoulder. As you reach above shoulder level, move in closer to the wall.

Wall climbing abduction
Standing to side of the wall, use fingers to walk up and to the side, moving and stretching the shoulder. As you reach above shoulder level move in closer to the wall.