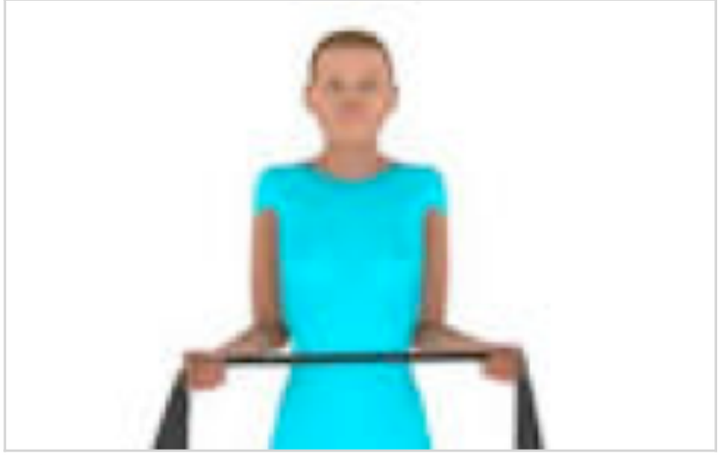
Rear Rotator Cuff Strengthening

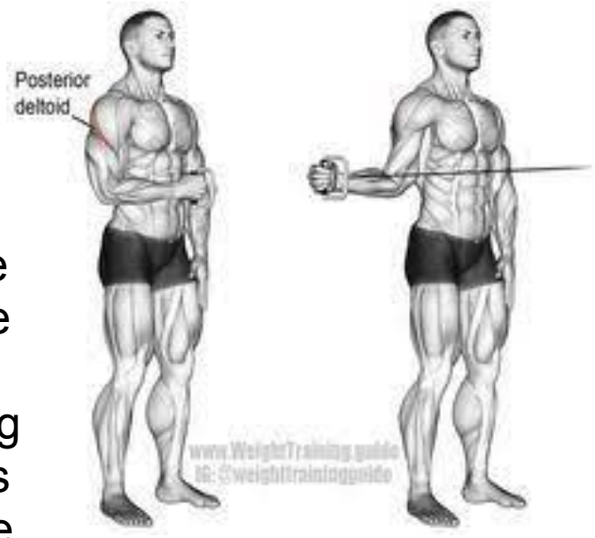
Do it Right!

Exercises you Should Do

Types (progression): There are a variety of ways to strengthen your rotator cuff. This is one of my favorites. I consider it a foundation exercise. You can also do similar versions of this exercise with a cable system or on the floor in a side lying position using a dumbbell. **Performance:** Strengthen with 10+ repetitions for 1-3 x sets. **Form:** Hold an exercise band in both hands shoulder width apart with elbows bent at 90 degrees. With palms up, down, or facing in rotate both arms outward fully **keeping elbows at side and at 90 degrees of elbow flexion at all times**.Try to engage the muscles between shoulder blades. **You can do a single arm versions with band or cable as well (**See cable version**).**(See other exercises here)



One of the best ways to protect the most vulnerable rotator cuff (RC) muscle (supraspinatus) as well as the other RC muscles is through postural improvement and strengthening the rear rotator cuff muscles (Teres Minor and Infraspinatus). This exercise does BOTH.



A good description of the rotator cuff is to visualize the head of the arm bone as a golf ball and the area of the shoulder blade as a golf tee. The rotator cuff serves as a sleeve that enables the ball to spin and roll while remaining on the tee. Why is the rear rotator cuff RC important? These small muscles are shoulder stabilizers. It protects your shoulder joint and lets you move your arms over your head. It's especially important in sports like baseball, swimming, or tennis. During arm movements the rotator muscles contract and prevent the sliding of the head of the humerus by keeping the humerus in its socket allowing full range of motion and providing stability. If these muscles or the bigger ones surrounding them are out of balance shoulder issues can develop. The most commonly affected RC muscle is the supraspinatus, which is the top one that can be felt past the shoulder tip. A combination of overuse, poor posture, incorrect technique (sport/ movement), susceptible anatomy, and a lifetime of wear and tear can cause mechanical abrasion and impingement of the supraspinatus on the acromion bone (shoulder tip). This exercise prevents that.