

# Reliant Medical Group

Rehabilitation & Sports Medicine

## Exercise in Summer

The weather is getting nice and most of us are back out in the yard and garden cleaning up. This is actually a lot of work for our shoulders and the rotator cuff. Here are a few exercises that will help strengthen the rotator cuff while not injuring the neck. They are weight lifting.

- Holds should be a maximum of 10 seconds but start at 5 seconds.
- Lying down and side lying is the only way to guarantee that you are not using the upper trap muscle in your neck. This can give you neck stiffness or arm pain if it is aggravated.
- Weights can be increased when you can do 10 repetitions with a 10 second hold you can go up 1 pound. When you increase the weight decrease the hold and work back up.
- Exercises should NEVER hurt when you are doing them
- if you are sore anytime, ice shoulder for 30 minutes. Heat is not good generally for the shoulder.



### **1. SUPINE FRONT PUNCH**

Lie on back with knees bent. Start with elbow bent to 90 degrees and elbow resting on pillow on bed. Push arm to ceiling. Do slowly take 4 seconds to raise arm and 4 seconds to lower arm. Repeat \_\_\_\_ sessions per day.



### **3. SUPINE ARM RAISE – ELBOW STRAIGHT**

Lie on back with knees bent. Keep elbow straight and raise arm toward head. Hold \_\_\_\_ sec. Do \_\_\_\_ reps. Repeat \_\_\_\_ sessions per day.



### **7. SIDE LYING ABDUCTION TO 45 DEGREES – WITH ELBOW STRAIGHT**

Lie on \_\_\_\_ side. Keep elbow straight. With thumb turned to ceiling, lift arm away from side to about an angle of 45 degrees and return to side. Hold \_\_\_\_ sec. Do \_\_\_\_ reps. Repeat \_\_\_\_ sessions per day.



### **9. SIDE LYING EXTERNAL ROTATION**

Lie on \_\_\_\_ side. Keep elbow bent to 90 degrees and against your side. Raise hand away from stomach toward ceiling and return. Hold \_\_\_\_ sec. Do \_\_\_\_ reps. Repeat \_\_\_\_ sessions per day.

Locations: Worcester – Gold Start Blv. 508-856-9510, 640 Lincoln St. 508-854-2426, Worcester Medical Center 508- 368-3143

■ Westboro 508-871-0789 ■ Leominster 978-840-1900 ■ Auburn 508-721-1101

**Disclaimer: If you experience pain or worsening of symptoms call doctors office and stop doing your exercises.**

Internet Access: [www.reliantmedicalgroup.org](http://www.reliantmedicalgroup.org) Click on Medical Services, Specialty Care, Rehabilitation, Informative Exercise Sheets