

Therapy Services

Patient Information

Rotator cuff strengthening

1.

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Stand facing a wall. Keep your upper arm close to the side with elbow at a right angle.

Push your fist against the wall.

Repeat _____ times.

2.

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Stand sideways against a wall with a rolled up towel between your upper arm and side, with your elbow at a right angle.

Push the elbow to the side against the wall.

Repeat _____ times.

3.

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Stand in a doorway with a rolled up towel between your upper arm and side, with your elbow at a right angle. Place your hand against the wall.

Push your hand inwards against the wall. Hold _____ secs. Relax.

Repeat _____ times.

4.

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Stand with your upper arm close to your side, elbow at a right angle and the back of your hand against a wall.

Push the back of your hand against the wall. Hold approx. _____ secs.

Repeat _____ times.

5.

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Stand with your back against the wall. Keep your upper arm close to the side and elbow at a right angle.

Push the elbow back against the wall.

Repeat _____ times.

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6.

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Stand or sit. Place a towel between your upper arm and side. Your upper arm should be slightly forward and your elbow at a right angle. Hold an exercise band.

Pull the band taking your forearm out 45 degrees. Keeping your elbow by your side.

Repeat _____ times.

7.

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Stand or sit. Place a rolled towel between your upper arm and side. Your upper arm should be slightly forward and your elbow at a right angle. Hold an exercise band.

Pull the band bringing your forearm in 45 degrees. Keeping your elbow by your side.

Repeat _____ times.

8.

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Stand keeping your arm close to your side and your elbow at a right angle. Hold an exercise band.

Pull the band back until your upper arm is at 45 degrees.

Repeat _____ times.

9

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Stand or sit with the hand of the arm to be exercised on your opposite hip. Hold on to a rubber exercise band.

Pull the band up towards the opposite side.

Repeat _____ times.

Contact details

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