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## **Shoulder Rotator Cuff and Scapular Strengthening Program 12's**

During the season, repeat each exercise 10-15 times, three to four times per week; however it is **not** recommended that pitcher perform these movement immediately before start or outing

### **External Rotation**

Attach the theraband at waist level to a doorknob or post. While standing sideways to the door and facing straight ahead, grasp one end of the band and pull the band all the way through until it is taut. Feet are shoulder width apart and the knees are slightly flexed. The elbow is placed next to the side with the hand as close to your chest as possible (think of this elbow as being a hinge on a gate). Taking the cord in the hand 'set' the shoulder blade and move the hand away from the body as far as it feels comfortable. Return to the start position.



### **Internal Rotation**

Attach the Theraband at waist level in a doorknob or post. While standing sideways to the door and looking straight ahead, grasp one end of the handle and pull the cord all the way through until it is taut. Feet are shoulder width apart and the knees are slightly flexed. The elbow is placed next to the side and is flexed at 90 degrees (think of this elbow as being a hinge on a gate). Taking the cord in the hand, 'set' the shoulder blade and move the hand toward the belly as far as it feels comfortable, or to where the endpoint of pain limits you. Return to the start position.



### **Lateral Raises**

Stand with the arm at your side with the elbow straight and the hands rotated so that the thumbs face forward. Raise the arm straight out to the side, palm down, until the hands reach shoulder level. Do not raise the hands higher than the shoulder. Pause and slowly lower the arm.



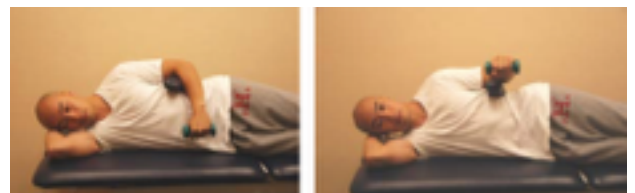
### **Standing forward flexion ('full-can') exercise**

Stand facing a mirror with the hands rotated so that the thumbs face forward. While keeping the shoulder blade 'set' and keeping the elbows straight, raise the arms forward and upward to shoulder level with a slight outward angle (30°). Pause for one second and slowly lower and repeat.



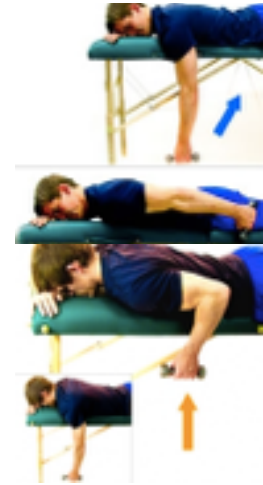
### **Sidelying external rotation**

Lying on the non-operated side, bend your elbow to a 90-degree angle and keep the operated arm firmly against your side with your hand resting on your abdomen. By rotation at the shoulder, raise your hand upward, toward the ceiling through a comfortable range of motion. Hold this position for 1 to 2 seconds, and then slowly lower the hand.



### **Prone extension**

The starting position for this exercise is to bend over at the waist so that the affected arm is hanging freely straight down. Alternatively, lie face down on your bed with the operated arm hanging freely off of the side. While keeping the shoulder blade 'set' and keeping the elbow straight, raise the arm backward toward your hip with the thumb pointing outward. Do not lift your hand past the level of your hip.



### **Prone rowing exercise**

The starting position for this exercise is to bend over at the waist so that the affected arm is hanging freely straight down. Alternatively, lie face down on your bed with the operated arm hanging freely off of the side. While keeping the shoulder blade 'set', raise the arm up toward the ceiling while bending at the elbow. The elbow should be drawn along the side of the body until the hands touch the lower ribs. Always return slowly to the start position.



### **Prone horizontal abduction ('T's)**

The starting position for this exercise is to bend over at the waist so that the affected arm is hanging freely straight down. Alternatively, lie face down on your bed with the operated arm hanging freely off of the side. Rotate your hand so that the thumb faces forward. While keeping the shoulder blade 'set' and keeping the elbows straight, slowly raise your arm away from your body to shoulder height, through a pain-free range of motion (so that your hand now has the thumb facing forward, and aligned with your cheek .) Hold that position for 1 to 2 seconds and slowly lower. Limit the height that you raise the arm to 90 degrees, or in other words, horizontal to the floor.



### **Prone scaption ('Y's)**

The starting position for this exercise is to bend over at the waist so that the affected arm is hanging freely straight down. Alternatively, lie face down on your bed with the operated arm hanging freely off of the side. Keep the shoulder blade 'set' and keep the elbows straight. Slowly raise the arm away from your body and slightly forward through a pain-free range of motion (so that your hand now has the thumb facing up, and is aligned with your forehead). Hold that position for 1 to 2 seconds and slowly lower. Limit the height that you raise the arm to 90 degrees, or in other words, horizontal to the floor.



### **Prone external rotation at 90 abduction ('U's)**

Lie face down on a table with your arm hanging over the side of the table. Raise the arm to shoulder height at a 90o angle to the body. While holding the arm in this position, rotate the hand upward, until the hand is even with the elbow. Hold one second and slowly let the hand rotate to the starting position and repeat.

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### **Prone Scapular Retraction**

Prone position. Support your forehead with the forearm of the opposite arm.  
Position your arm at 90 degrees elevation with 90 degrees elbow flexion Thumb faces up.  
Lift hand and elbow together, at the same level. Hold 1-2 seconds and slowly lower the arm.



### **Prone Elevation**

Prone position. Support your forehead with the forearm of the opposite arm. Position the arm at 180 degrees elevation with elbow extended Thumb faces up. Lift hand and elbow together, keeping the elbow straight.  
Hold 1-2 seconds and slowly lower the arm

