

SHOULDER EXERCISES

EXERCISES FOR MASSIVE ROTATOR CUFF TEAR

PASSIVE PENDULUM EXERCISE



Standing or sitting in a chair, lean forward, letting your arm drop without exerting any force, so that it is perpendicular to the floor. Using your body's inertia, perform circular movements clockwise, counterclockwise, forward and backward, and to both sides. Perform 20 repetitions of each movement.

Perform:

- 20 repetitions
- 1 set

Goals:

- Shoulder pain relief.
- Relax the surrounding shoulder muscles, including the cervical spine and scapula.
- Reduces shoulder stiffness and improves shoulder joint balance.

SELF-ASSISTED ANTERIOR DELTOID EXERCISE



Lying on your back, flex your elbow and, with the help of your good arm, raise the arm you're rehabilitating upward. Remove the support and hold until you feel tired.

Perform:

- 5 repetitions
- 4 sets

Goals:

- Strengthening the anterior deltoid.
- Pain relief.
- Prevention of shoulder stiffness.

ANTERIOR DELTOID EXERCISE WITH DUMBBELL



Lying on your back, hold a dumbbell in your hand and flex your elbow. Hold until you feel tired.

Perform:

- 5 repetitions
- 4 sets

Goals:

- Strengthening the anterior deltoid.
- Pain relief.
- Prevention of shoulder stiffness.

SEMI-SEATED ANTERIOR DELTOID EXERCISE



Semi-seated on your back. Raise your arm upward with your elbow extended until it's perpendicular to your body. Swing your arm if you can tolerate it. Hold until you feel tired.

Perform:

- 5 repetitions
- 4 sets

Goals:

- Strengthening the anterior deltoid.
- Pain relief.
- Prevention of shoulder stiffness.

SEMI-SEATED ANTERIOR DELTOID EXERCISE WITH DUMBBELL



Semi-seated on your back. With a dumbbell in your hand, raise your arm upward with your elbow extended until it's perpendicular to your body. Swing your arm if you can tolerate it. Hold until you feel tired.

Perform:

- 5 repetitions
- 4 sets

Goals:

- Strengthening the anterior deltoid.
- Pain relief.
- Prevention of shoulder stiffness.

STANDING ANTERIOR DELTOID EXERCISE



Standing. Raise your arm upward with your elbow extended until it's perpendicular to your body. Swing if you can tolerate it. Hold until you feel tired.

Perform:

- 5 repetitions
- 4 sets

Goals:

- Strengthening the anterior deltoid.
- Pain relief.
- Prevention of shoulder stiffness.

STANDING ANTERIOR DELTOID EXERCISE WITH DUMBBELL



Standing. With a dumbbell in your hand, raise your arm upward with your elbow extended until it's perpendicular to your body. Swing the arm if you can tolerate it. Hold until you feel tired.

Perform:

- 5 repetitions
- 4 sets

Goals:

- Strengthening the anterior deltoid.
- Pain relief.
- Prevention of shoulder stiffness.

ELASTIC BAND ROWING EXERCISE



Stand facing a door. Tie the resistance band to the doorknob and hold the ends in your hands. Keep your back straight. Look forward. Stretch the band, pushing your shoulders and elbows back. Hold for 5 seconds.

Perform:

- 10 repetitions
- 3 sets

Goals:

- Improve posture of the thoracic spine.
- Improve shoulder and scapula stability.

PROTRACTION EXERCISE WITH WEIGHTS



Lying on your back, hold your arm perpendicular to the floor with a 2kg weight in your hand. Lift your shoulder off the floor and raise your arm. Hold for 5 seconds.

Perform:

- 10 repetitions
- 3 sets

Goals:

- Strengthening of the serratus anterior muscle.
- Improved scapular stability.
- Improved postural control of the shoulder and scapula.

SELF-ASSISTED PUSH-UP EXERCISE



Standing or sitting. With the help of the hand of your contralateral arm, slowly move your arm forward and upward without bending your elbow. Hold for 3 seconds.

Perform:

- 10 repetitions
- 1 set

Goals:

- Shoulder pain relief.
- Reduces shoulder stiffness and improves shoulder joint balance.
- Prevents loss of mobility

[Make an appointment with Dr. Jordi Jiménez.](#) He will see you in the center of Palma de Mallorca and help you regain your quality of life.