

MARIN PHYSICAL THERAPY

Rotator Cuff Strengthening



Supraspinatus strengthening (“empty cans”).

Begin with thumbs pointing downward on thighs.

Shoulders back.

Elevate arms to just below shoulder height.

Do not allow shoulders to elevate.

If you experience pain, rotate your arms so your thumbs point forward.



Arms are 30 degrees in front of the plane of your body.

____ Sets

____ Repetitions