

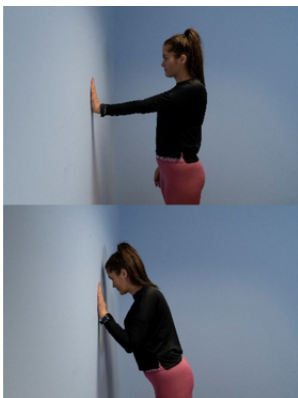
# Rotator Cuff Tendinopathy Advanced Programme

Aim to perform this programme a minimum of once per day unless prescribed otherwise. As with any new exercise, start slowly (repetitions as able) and build up as you are able within the guidelines below. Pain should not exceed 4/10 whilst completing this exercise programme.



## 1. Overhead press

- In sitting or standing, hold a weight shoulder height with your palm facing forward.
- Press the weight above your head until your elbow is straight.
- Lower your arm down in a controlled manner.
- You may use household items if you do not own any weights.
- **Perform this exercise up to 30 times, rest for 3 minutes.**
- **Repeat routine 3 times.**



## 2. Standing single arm wall press up

- Stand approximately one small step away from the wall.
- Place one hand chest high on the wall so that your elbow is slightly bent.
- Bend your elbow to take your head and shoulders closer to the wall.
- Push against the wall to return to starting position.
- **Perform this exercise up to 30 times, rest for 3 minutes.**
- **Repeat routine 3 times.**



## 3. Reverse fly

- Stand with equal size, light weights in both hands (use whatever you have around the house if you don't have weights).
- Keep your back straight and bend forward at your hips.
- Keep your arms straight and take both arms out to the side to shoulder height.
- Control your arms slowly back down to resting in front of you.
- **Perform this exercise up to 30 times, rest for 3 minutes.**
- **Repeat routine 3 times.**