

# Shoulder Rotator Cuff Care Exercises

<https://www.lnwh.nhs.uk/msk>

GP Generic Shoulder Rotator Cuff Exercises

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**Stretch gently. Stop any exercise causing tingling or severe pain.**



Stand with your arm close to your side and your elbow at a right angle.

Push the palm of your hand against the other hand.

Hold for 5 seconds.

Repeat 10 times.

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Stand or sit. Hold your upper arm close to your body with your elbow at a right angle.

Try to move your hand outward, resisting the movement with the other hand. There should be no movement.

Hold for 5 seconds.

Repeat 10 times.

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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.

Hold for 5 seconds.

Repeat 10 times.

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Stand with your back against a wall with arms by your side.

Push your arms back against the wall and tighten the shoulder blade muscles. Push your chest out, do not let your shoulders come forward.

Hold for 5 seconds.

Repeat 10 times.

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