# Rotator Cuff Tendinopathy
Intermediate 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.

No pain 0 1 2 3 4 5 6 7 8 9 10 **Worst pain imaginable**

Safe to exercise
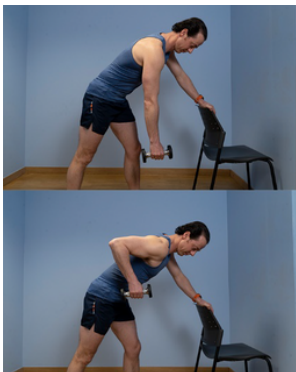
1. Bent over row

- Stand holding a small weight in one hand.
- Slightly bend your knees and flex forward from your hips.
- Keep your upper back straight.
- Pull the weight up to the side of your body whilst squeezing your shoulder blades together (use a shopping bag with household items if you do not have weights).
- Control the movement of your arm back down so your arm is straight.
- **Perform this exercise up to 15 times, rest for 1 minute.**
- **Repeat routine 2 to 3 times.**

2. Incline press up

- Stand in front of a solid surface that is around hip height, for example kitchen counter.
- Place your hands on the hip high surface and step backwards until you feel moderate force going equally through your shoulders.
- Bend your elbows to take your head and shoulders closer to your hands.
- Push against the surface to return to starting position.
- **Perform this exercise up to 15 times, rest for 1 minute.**
- **Repeat routine 2 to 3 times.**

3. Wall circles

- Sit or stand arm's length away from the wall.
- Place a small ball between the palm of your hand and the wall head height (you may use a rolled up piece of tissue if you do not have a ball).
- Apply light pressure and keep your elbow straight.
- Move hand in a circular motion.
- Complete for 20 seconds changing direction each time.
- **Perform this exercise up to 15 times, rest for 1 minute.**
- **Repeat routine 2 to 3 times.**