Shoulder / rotator cuff symptoms — Exercises at home

Use controlled movement and shoulder-blade positioning; avoid sharp pain.

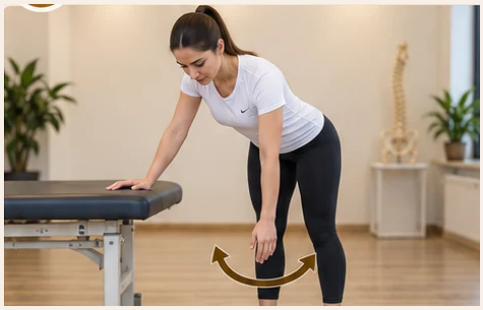

Photo: Example for this body region. Always follow the instructions for each individual exercise; the photograph does not show every exercise.

Before you begin: These are general movements. Your doctor or physiotherapist should confirm suitability, especially after surgery, with new symptoms or in children.

01 Shoulder pendulum

Support yourself with the other hand, lean forwards and let the arm hang; make small pendulum movements.

Starting amount: 20–30 s

02 Finger walk up the wall

Walk fingers up the wall only as high as is comfortable, then return slowly.

Starting amount: 6–10 ×

03 Gentle shoulder-blade retraction

Relax the shoulders, draw shoulder blades gently backwards and release.

Starting amount: 6–10 ×

04 External rotation with a light band

Keep the elbow beside the trunk and move the forearm outwards against a light band, only after clearance.

Starting amount: 6–10 ×

Safety & when to stop

After a tear, dislocation or operation, use only movements specifically cleared for you. Stop with sharp pain or new weakness.

These exercises do not replace your personal medical assessment or prescribed rehabilitation protocol.