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# TWO MOST EFFECTIVE EXERCISES FOR ROTATOR CUFF STRAIN

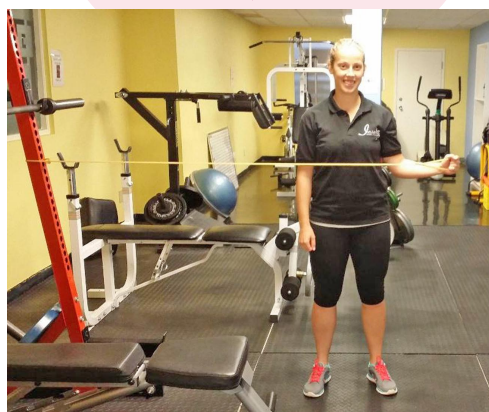
**R**ECENTLY, I have been treating shoulder injuries one in particular that is commonly affected is the supraspinatus muscle tendon. This specific muscle belong to the rotator cuff group. In this group of muscles, there are 4 individual muscles attach to the shoulder blade and onto the tip of the shoulder. These muscles are supraspinatus, infraspinatus, teres minor and subscapularis. These muscles surrounds the shoulder blade and its function is internal rotation, external rotation of the shoulder and assist with shoulder abduction.

Supraspinatus is the most common muscle affected because of very little space underneath the hood of the shoulder capsule. Due to its positioning, it is injured constantly because of impingement causing the muscle tendon to swell and tear. The mechanism of injuries are volleyball spike, baseball throw (any sports overhead motion) and repetitive overhead lifts at a workplace.

Aside from hot and cold remedies and passive therapies, the most important part of rehab is the effective exercises to prevent re-injury. Believe it or not simple exercises using the resistance tubing will help the shoulder get stronger. Here are two simple exercises you can do at home. The goal is to complete the exercises 3 sets of 10 repetitions. The key to maintain strength is to continue to perform the exercises frequently. You can first try every other day 3-4 times a day.

## EXERCISE 2.

External rotation. Keeping your elbow at 90 degrees and tucked in on your side, pull the tubing outwards. Hold the contraction for 3 seconds then return to the beginning.

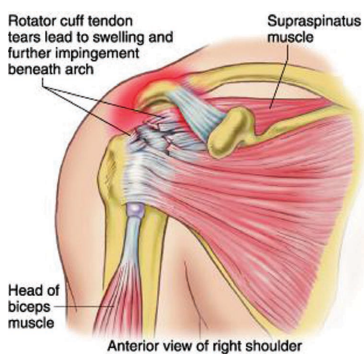


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## EXERCISE 1.

Standing row: stand up straight with a good posture, core tight, pull the tubing back using your upper back muscles, squeezing the shoulder blade together. Hold the squeeze for at least 3 seconds and then release. Repeat the exercise.



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