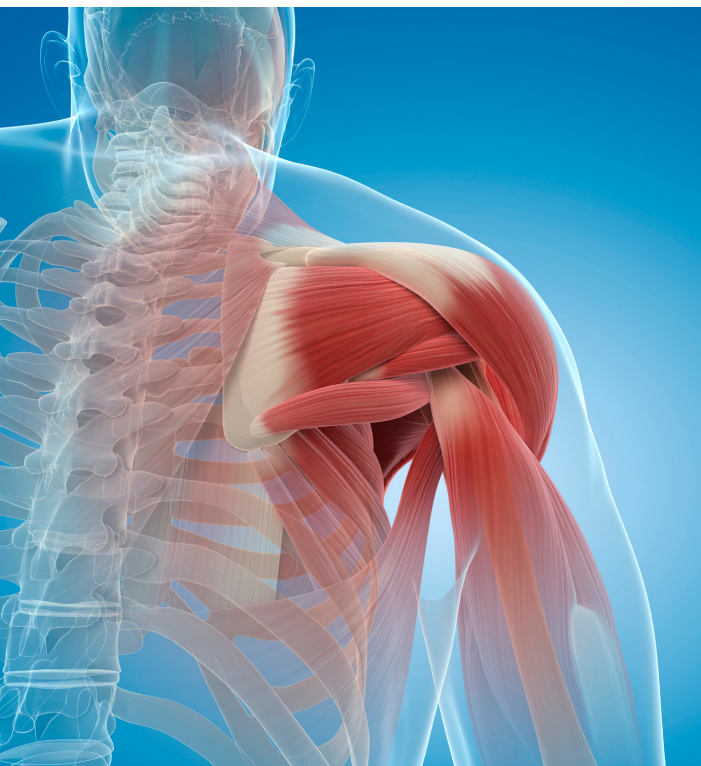


ROTATOR CUFF PATHOLOGY REHAB GUIDANCE

The enclosed information is an example of a structured plan and should not be replaced as medical advice or carried out without a trained individual's guidance.

Bodylogics can take no responsibility for those who decide to take this as medical advice without first undertaking a thorough assessment to evaluate your individual needs.

For more information on our Rotator Cuff Pathology rehabilitation programme then please feel free to contact us to discuss how we may be able to assist you in your recovery.



BODYLOGICS
Health and Fitness Clinic

To find out more and for more information:

CONTACT US



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EN4 9RJ

144 Fortess Road, London,
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www.bodylogics.co.uk

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ROTATOR CUFF REHABILITATION PROTOCOL

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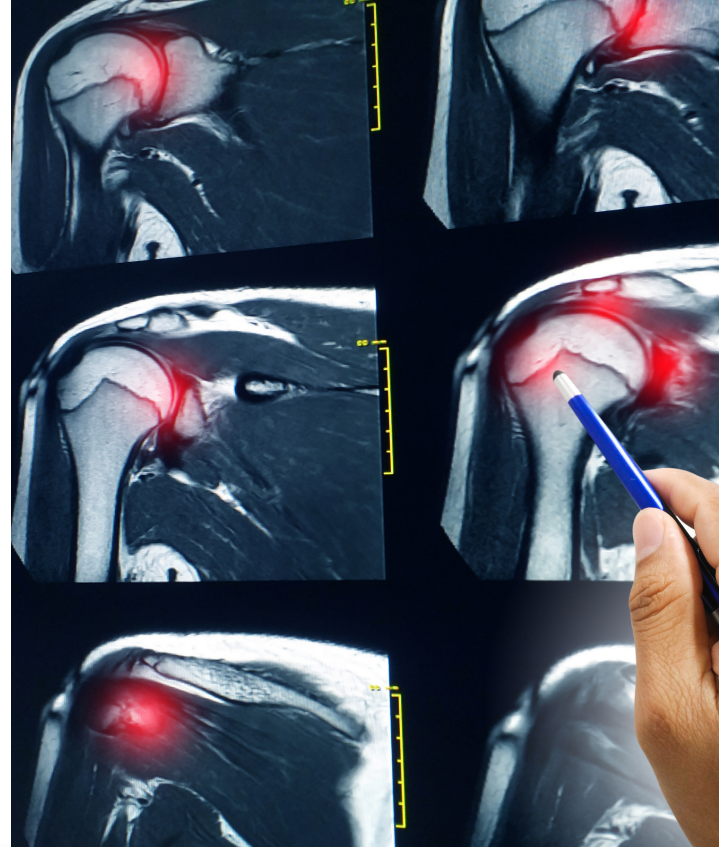
EXERCISE 1:



- Attach band to a stable structure.
- Keep elbow close to your side.
- Pull band OUTWARDS/AWAY from your body whilst keeping your elbow tucked in.
- Repeat for 3 sets of 15 reps with a 30 second rest between each set.

EXERCISE 2:

- Attach band to a stable structure.
- Keep elbow close to your side.
- Pull band INWARDS/TOWARDS your body whilst keeping your elbow tucked in.
- Repeat for 3 sets of 15 reps with a 30 second rest between each set.



IMAGING FOR ROTATOR CUFF PATHOLOGY

Whilst imaging can be used for Rotator Cuff pathology, it is rarely a first line of treatment.

At Bodylogics, we have access to MRI centres where we work closely with the radiologist teams to determine the cause of your pain where appropriate.

Speak to your therapist to find out more on this topic.