



# Early Cuff Strengthening

## What is the class for?

This class is for early rotator cuff strengthening where there is a significant weakness which could be related to a tear in the rotator cuff tissues.

There are many progressions through this video so start at a level suitable for you and progress as you are able. This could take a number of weeks.

Only complete these exercises if you have been instructed to do so by your Physiotherapist or GP.

Some discomfort is normal with these exercises but try to avoid pushing into pain.

If you have persistent increased pain, please stop all exercises and contact your medical practitioner.

## What do I need?

These exercises are performed in lying, sitting and standing.

You will need a towel. As you progress you will need a small hand weight (0.5kg-2kg).



URL: [https://www.youtube.com/watch?v=036R\\_jjFhvs](https://www.youtube.com/watch?v=036R_jjFhvs)

