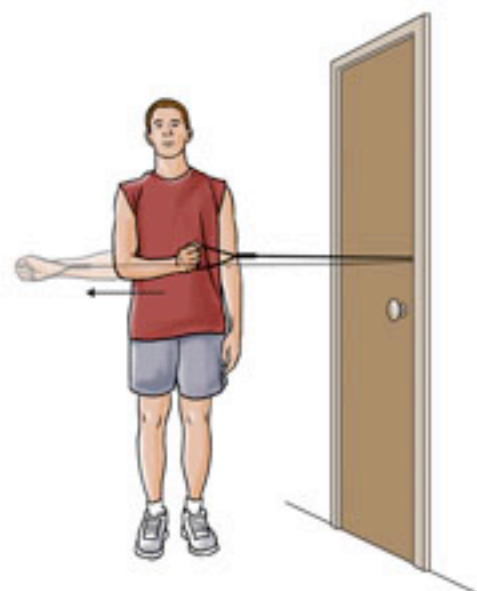


# Rotator Cuff Strain Rehabilitation Exercises



Resisted shoulder external rotation



Resisted shoulder internal rotation



Scaption



Side-lying external rotation



Horizontal abduction



Push-up with a plus