

Rotator Cuff Tendinopathy / Subacromial Pain

Pain lifting the arm or lying on the shoulder from an overloaded rotator cuff. Tendons recover through progressive loading — a mild ache during exercise is expected.

SHOULDER

1



Band External Rotation

3 × 10–15, 3× / week

- Elbow tucked; rotate forearm outward, slow 3-sec return.
- Progress the band every 1–2 weeks.

2



Side-Lying External Rotation

3 × 10–15

- Elbow on hip; lift the hand toward the ceiling.
- Add a light weight when easy.

3



Full-Can Raise

3 × 10, into mild pain

- Thumb up; lift the arm 30° in front of sideways, to shoulder height.
- Start with a water bottle; add load.

4



Band Row

3 × 10–12

- Pull elbows back, squeeze shoulder blades.
- Shoulders down away from the ears.

5



Wall Slide

2 × 10

- Forearms on the wall; slide up and out.
- Keep the ribs from flaring.

6



Isometric External Rotation

5 × 10 sec (painful phase)

- Press the back of the hand into the wall at 50%.
- Use early, then progress to 1–3.

HOW OFTEN

3 sessions per week for 12 weeks. Loading, not rest, rebuilds the tendon; an ache that settles by next morning is fine.

PAIN RULE & PROGRESSION

Mild discomfort up to 3/10 that settles by the next morning is acceptable. If higher, do fewer reps or a smaller range. Progress (more load, reps or range) once two sessions in a row stay within this rule.

SEE US SOONER IF

Sudden loss of strength after a fall or injury, or a hot swollen joint — contact us.