

St George's Healthcare **NHS**
NHS Trust
Physiotherapy Department

Cuff Class Exercise Booklet

excellent
kind
responsible
respectful

This booklet has been created to help you with your rehabilitation as part of the cuff class.

Experiencing a small amount of pain whilst doing these exercises is acceptable as long as it eases within 30 minutes and is not worse the next day. If this happens don't worry! Do fewer repetitions the next time and then gradually build up again.

3 sets of 8 repetitions of each exercise. Take 30 seconds rest between each set.

The amount of exercise you can do may vary from day to day and from person to person.

You could use this traffic light system to help you work out the correct level of exercise for you.



Cool Down



- Move your arm across your chest at the height of your shoulder.
- Use your other hand to gently hold your elbow and pull the arm a little further across.
- Hold this position and return to the start position and repeat to the other side



- Place one hand under edge of chair you're sitting on.
- Take your other hand and place it on your head.
- Tilt your ear directly down towards your shoulder and hold this position.
- You should feel a stretch down the side of your neck.



- Sit upright in a chair and rotate your body round to one side, using your arms on the back of the chair to pull yourself round further.
- This should feel like a stretch through the torso.
- Hold this position before your turn to stretch in the other direction.



- Lock your hands together behind your back and push your hands backwards, whilst pushing your chest forwards.
- Roll your shoulders back and down as you feel the stretch over the front of your chest and shoulders.

Hold all stretches for 20 seconds each

Warm Up

- Shoulder rolls (forwards, backwards)
- Squats from chair
- Reaching overhead

Repeat each movement 10 times.

Complete routine twice

Exercise 1: Step and Reach (Beginner)



- Start with band wrapped around wrist level.
- Pull hands apart adding tension to band.
- Step forward whilst reaching up as far as comfort allows.
- Movement should be pain free.

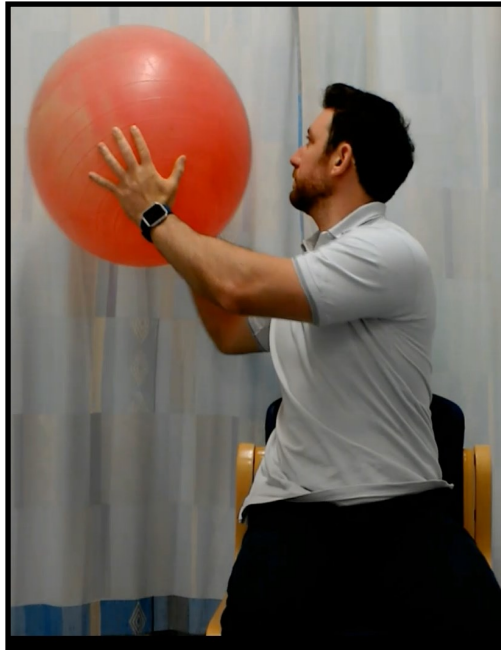
Exercise 6: Standing Trunk Rotation (Advanced)



- Start in a standing position.
- Step forward holding as you rotate your trunk aiming to bring ball as far behind you as possible.
- Return to start position.

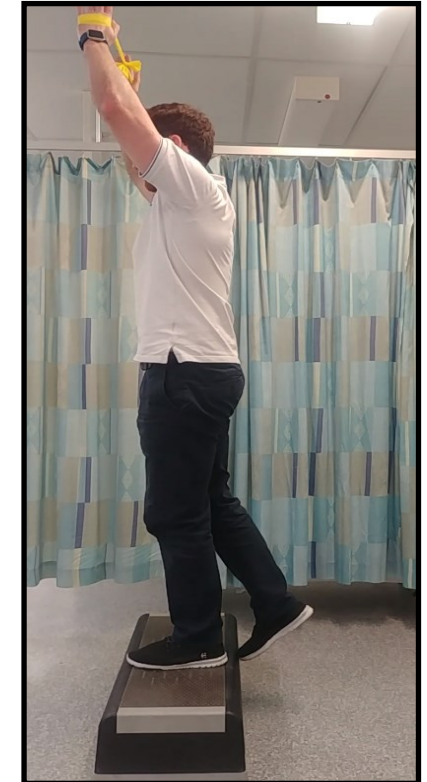
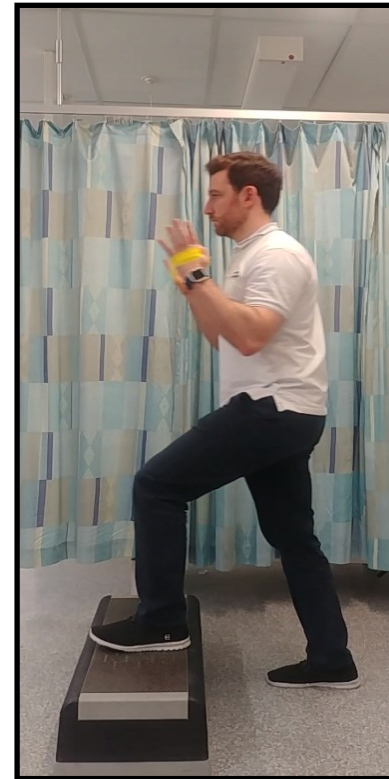
Can be made harder by holding a heavier weighted ball or object

Exercise 6: Seated Trunk Rotation (Beginner)



- Start in a sitting position holding ball in front of you.
- Rotate your trunk aiming to bring ball as far behind you as possible.
- Return to start position.

Exercise 1: Step and Reach (Advanced)



- Start with band wrapped around wrist level.
- Pull hand apart adding tension to band.
- Step forward onto step whilst reaching up as far as comfort allows.
- Movement should be pain free.

Progress by keeping the band and adding small weight in each hand

Exercise 2: Table top Slide (Beginner)



- Stand at end of table with hands gripping onto towel, shoulder width apart.
- Slide hands forward along table reaching as far forward as comfort allows.

Exercise 5: Table push Up (Advanced)



- Stand in front of secure table.
- Place hands a little wider than shoulder width apart on table edge.
- Keep hands slightly turned out and elbows tucked in.
- Lower body towards table keeping body up-right and tall.

Can be made harder by doing the push up on hands and knees on floor

Exercise 5: Wall Push Up (Beginner)



- Stand in front of wall.
- Place hands a little wider than shoulder width apart on wall.
- Keep hands slightly turned out and elbows tucked in.
- Lower body towards wall keeping body upright and tall.

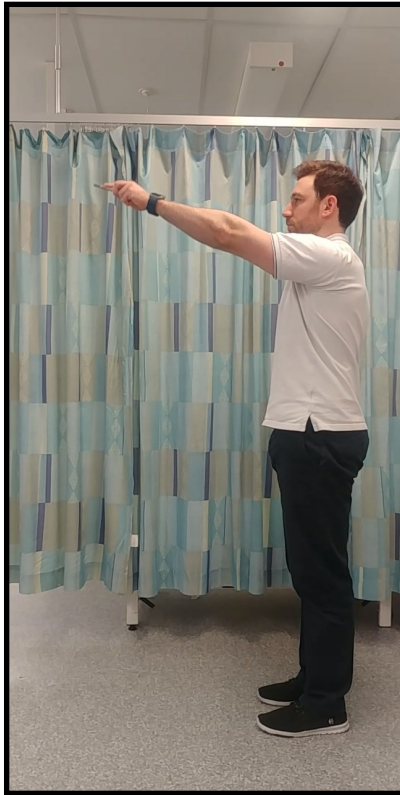
Exercise 2: Wall Slide (Advanced)



- Stand in front of wall with hands gripping on-to towel shoulder width apart.
- Place the edges of your hands against the wall with your thumbs facing you.
- Gently push into the wall as you slide hands up wall as far as comfort allows.

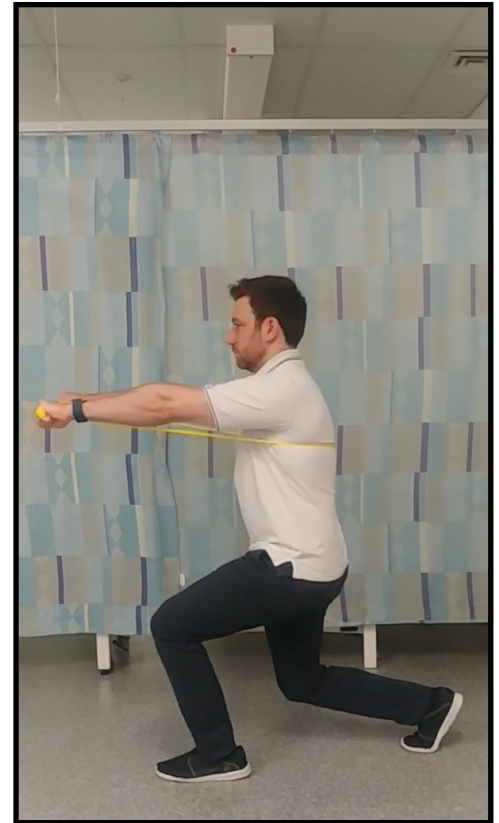
Progress by doing without support of wall and adding a light weight

Exercise 3: Point and Reach (Beginner)



- Standing upright point towards a target.
- Close eyes.
- Keeping eyes closed lower arm to side, and try and point to the same target.
- Reopen eyes and adjust to target.
- Repeat technique having the target in different positions. E.g. slightly to the side.

Exercise 4: Lunge and Punch (Advanced)



- Stand with band wrapped around mid back and held in each hand.
- Lunge forward in a punching motion with both fists.
- Reach as far forwards as possible against the resistance of the band.

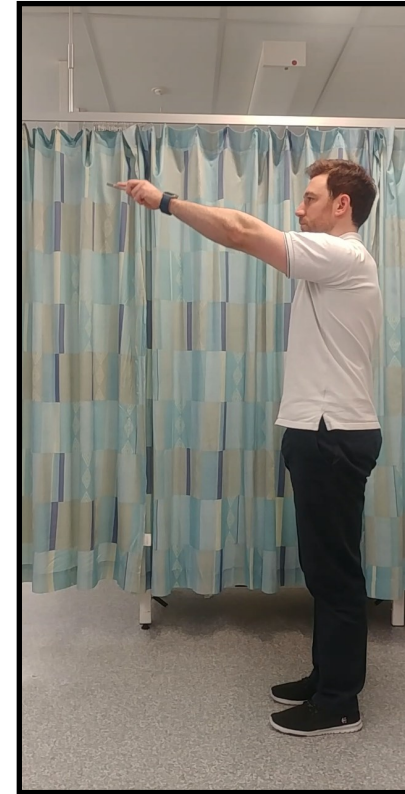
Can be made harder by using stronger band

Exercise 4: Punch in Standing (Beginner)



- Stand with band wrapped around mid back and held in each hand.
- Straighten arms in a punching motion with both fists.
- Reach as far forwards as possible against the resistance of the band.

Exercise 3: Point and Reach (Advanced)



- Point towards a target.
- Close eyes.
- Keeping eyes closed draw circles around target.
- Open eyes and readjust to target.
- Repeat technique having the target in different positions. E.g. slightly to the side.

Can be made harder by single leg standing