



# Lucas Therapies, PC

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*Providers of Physical & Occupational Therapy*

## **HOW TO AVOID ROTATOR CUFF TEARS IN THE WEIGHT ROOM**

- 1.** Avoid military press straight overhead especially if you do not regularly lift directly over your head in your everyday life.
- 2.** Start by performing rotator cuff exercises in sidelying using a dumbbell as resistance.
- 3.** Always work on strengthening the lower trapezius lying on your stomach to help correct posture. Upright posture will always decrease neck and shoulder stresses.
- 4.** Progress rotator cuff strengthening by moving from sidelying to standing upright rows or lateral raises. Your exercise specialist can help you with these free weight exercises.

This information brought to your by Lucas Therapies. Lucas Therapies sponsors "Ask the Therapist" the first Tuesday of each month at the YMCA central branch 5:30 p.m. to 6:30 p.m.

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