

Upper Body: Thera Band Exercise Program - Basic

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Patient name: _____

Therapist name: _____

This program is to be used to improve upper body strength and range of motion. Many of the exercises focus on muscles of the shoulders, chest and upper back.

Please consult with your therapist for specific instructions before doing any of these exercises. If at any time you experience unusual pain or discomfort, stop immediately and consult with your physician.

DO NOT use Thera-Band if you have latex allergy.

General Suggestions

1. Always stretch before and after doing strengthening exercises.
2. Suggestions for stretches:

3. Complete all exercises while seated in a chair with armrests unless instructed otherwise by your therapist.
4. Keep movements slow, smooth and controlled so that your muscles do the work instead of the Thera-Band.
5. Adhere to all medical precautions including:

6. Repeat each exercise _____ times. Do _____ days per week.

Straight Arm Pulls



Start Position

- ♦ Hold band with both hands about shoulder width apart.
- ♦ Keep your arms straight.



End Position

- ♦ Stretch the band apart keeping your arms straight

Straight Arm Raise



Start Position

- ♦ Hold band with one hand at center of waist.
- ♦ Use other hand to hold the band out in front, keeping elbow straight.



End Position

- ♦ Raise extended arm straight up with thumb pointed toward the ceiling.
- ♦ Keep elbow straight.
- ♦ Repeat with opposite arm.

Side Arm Raise



Start Position

- ♦ Hold the band with one hand at center of waist.
- Use other hand to hold the band out to the side, keeping elbow straight.



End Position

- ♦ Raise extended arm up with thumb pointed toward the ceiling.
- ♦ Keep your elbow straight.
- ♦ Repeat with opposite arm.

Diagonal Pull



Start Position

- Imagine the face of a clock to help you position arms properly.
- ♦ Begin by holding the band in your right hand at 4 o'clock.
 - ♦ Hold the other end of the band in your left hand at 10 o'clock.



End Position

- ♦ Keeping elbows straight, stretch the band slowly.

Opposite Diagonal Pull



Start Position

Imagine the face of a clock to help you position arms properly.

- ♦ Begin with holding the band in your right hand at 2 o'clock. Hold the other end of the band in your left hand at 8 o'clock.



End Position

- ♦ Keeping elbows straight, stretch the band slowly.

Over Head Pull Down



Start Position

- ♦ Begin with arms over your head holding the band shoulder width apart.
- ♦ Remember to keep elbows straight.



End Position

- ♦ Pull the band down to your chest keeping your elbows straight.

Forearm Pull



Start Position

Hold the band in both hands with palms facing up.



End Position

- ♦ Stretch the band, keeping elbows in, against your sides.

Triceps Elbow Extension



Start Position

- ♦ Holding the band in your hand with your palms facing down. Bring your right elbow up to shoulder height.



End Position

- ♦ Straighten your right arm out as far as you can.
- ♦ Repeat exercise with the opposite arm.

Diagonal Row



Start Position

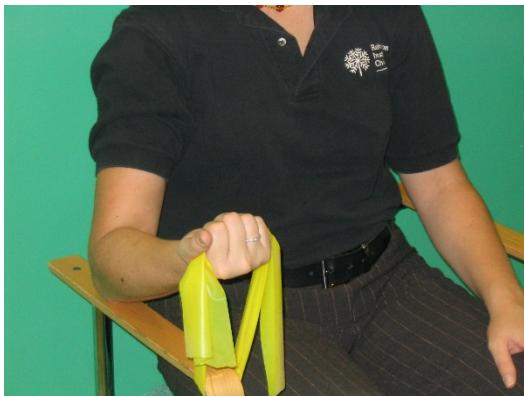
- ♦ Wrap the band through the left arm of your chair and tie ends together.
- ♦ Hold ends with the right hand, keeping elbow bent.



End Position

- ♦ Pull the band up until your elbow is shoulder level.
- ♦ Repeat on opposite side.

Forearm Curl



Start Position

- ♦ Tie the band around the arm of the chair.
- ♦ Rest your elbow on the arm of the chair.
- ♦ Hold the band tight with your palm up.



End Position

- ♦ Pull your hand up to your shoulder.
- ♦ Repeat on opposite side.

Wrist Curl



Start Position

- ♦ Hold band in fist with palm up.
- ♦ With opposite hand hold the ends of the band tight.



End Position

- ♦ Pull wrist up, keeping elbow tucked into side.
- ♦ Repeat on opposite side.

Wrist Pull Ups



Start Position

- ♦ Fold the band and hold in the middle with your top hand, palm down.
- ♦ With the opposite hand, hold ends of the band tight.



End Position

- ♦ Pull wrist up, keeping elbow tucked into side.
- ♦ Repeat on opposite side.

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