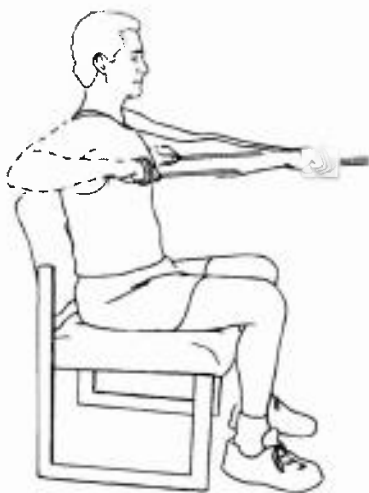




Upper Extremity Theraband Exercises

Rowing

Sit on a chair both feet flat on floor. Scoot forward a bit. Anchor tubing in closed hinge side of a door. Start with elbows close to body. Palms down, pull elbows back, squeezing shoulder blades together.

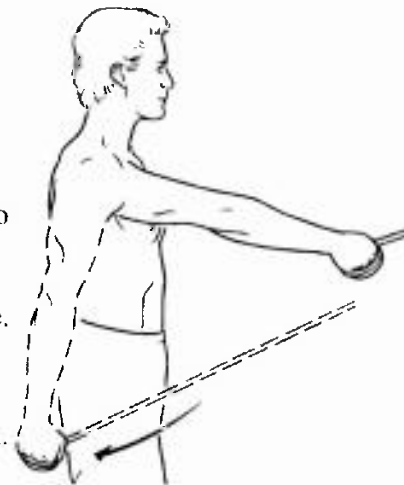


Repeat ____ times per set.
Do ____ sets per session.
Do ____ sessions per week.

Anchor Height: Chest

Shoulder Extension

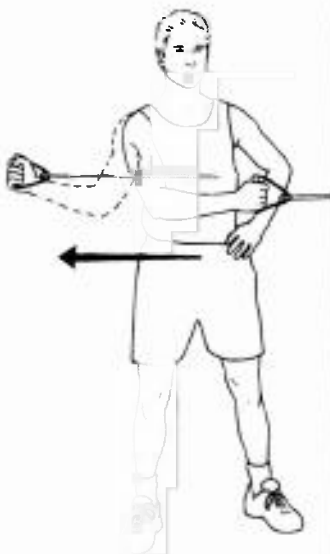
Start with shoulder blades squeezed together. Hold tubing in right/left hand, arm forward. Pull arm back, even with trunk, elbow straight, make sure to concentrate on keeping shoulder blade squeezed back during entire exercise.



Repeat ____ times per set.
Do ____ sets per session.
Do ____ sessions per day.

External Rotation

Start with shoulder blades squeezed together. Side toward anchor in shoulder width stance with elbow bent to 90°. Start with fist near belly button and arm across mid-section. Pull out until arm is straight in front. Keep elbow bent. Don't go too far.

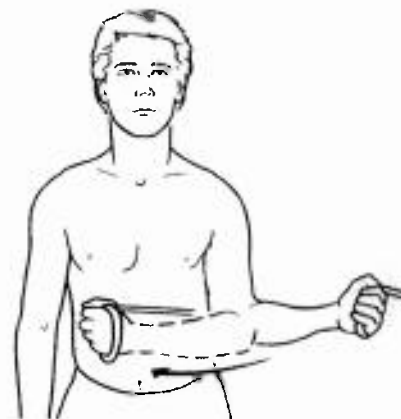


Repeat ____ times per set.
Repeat with other arm.
Do ____ sets per session.
Do ____ sessions per week.

Anchor Height: Waist

Internal Rotation

Start with shoulder blades squeezed together. Hold tubing in right/left hand, elbow at side and forearm out. Rotate forearm in and finish at belly button.



Repeat ____ times per set.
Do ____ sets per session.
Do ____ sessions per day.