

## Theraband™ Upper Body Exercises: Back, Shoulders, & Arms

The goal of these exercises is to regain or maintain function of your upper body. To help increase your strength, these exercises use a resistive rubber therapy band.

*To obtain the best results, please perform each exercise as shown.*

Your occupational therapist has designed these exercises to meet your specific needs. For best results, please perform each exercise as shown.

If your symptoms change or become worse when you are exercising, stop the activity. If the symptoms persist or are bothersome, call your doctor's office.

### **ELBOW - Flexion**



With band looped around hand and wrist, use elbow movements only.

Using other arm as anchor, bend elbow, pulling up.

Hold 3 seconds.

Repeat \_\_\_\_\_ times. Do these exercises \_\_\_\_\_ times per day.

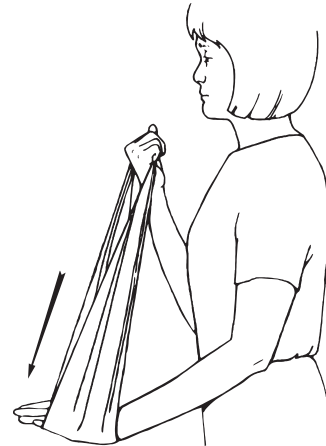
### **ELBOW - Extension**

With band looped around hand and wrist, use elbow movements only. Using other arm as anchor, straighten elbow, pushing down.

Hold 3 seconds.

Repeat \_\_\_\_\_ times.

Do these exercises \_\_\_\_\_ times per day.



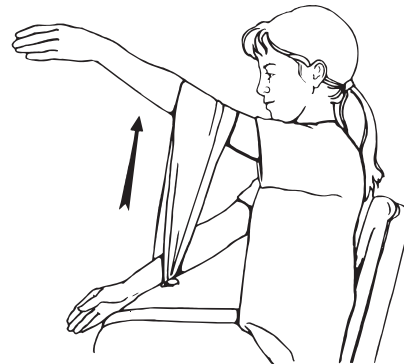
### **SHOULDER - Flexion**

With arms in front, keep elbows straight. Using other arm as anchor, pull affected arm upward.

Hold 3 seconds.

Repeat \_\_\_\_\_ times.

Do these exercises \_\_\_\_\_ times per day.



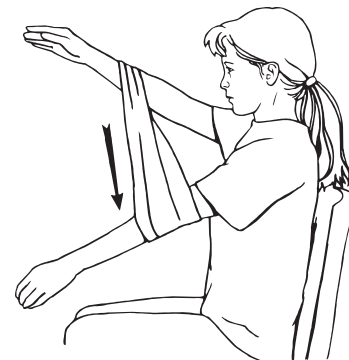
### **SHOULDER - Extension**

With arms in front, keep elbows straight. Using other arm as anchor, pull affected arm downward.

Hold 3 seconds.

Repeat \_\_\_\_\_ times.

Do these exercises \_\_\_\_\_ times per day.



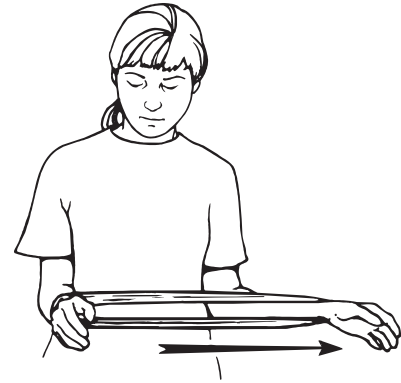
### **SHOULDER - External Rotation**

With band looped around hand and wrist, use elbow movements only. Using other arm as anchor, bend elbow, pulling up.

Hold 3 seconds.

Repeat \_\_\_\_\_ times.

Do these exercises \_\_\_\_\_ times per day.

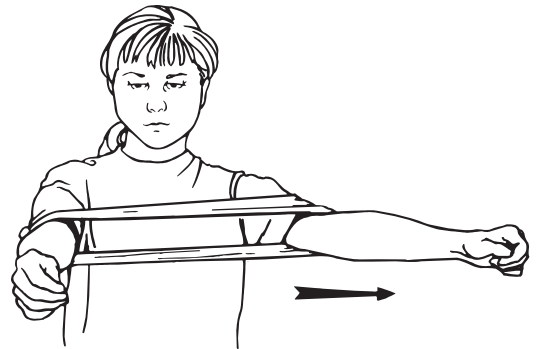


### **SHOULDER - Horizontal Abduction**

With arms at shoulder level, keep elbows straight. Using other arm as anchor, pull affected arm outward. Hold 3 seconds.

Repeat \_\_\_\_\_ times.

Do these exercises \_\_\_\_\_ times per day.



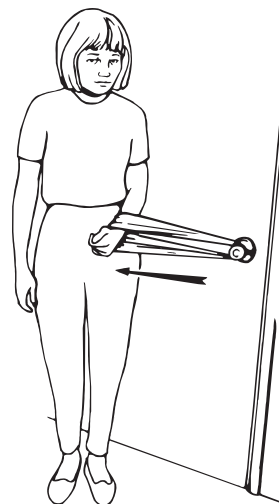
### **SHOULDER - Internal Rotation**

With elbow bent at right angle, hold firmly against side. Using doorknob to anchor band, pull inward.

Hold 3 seconds.

Repeat \_\_\_\_\_ times.

Do these exercises \_\_\_\_\_ times per day.



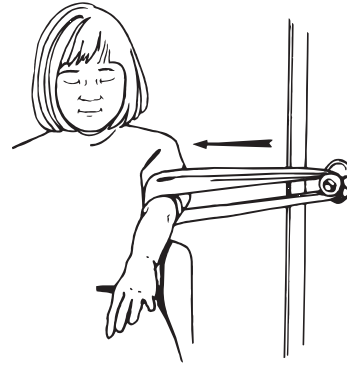
## SHOULDER - Horizontal Adduction

With arm at shoulder level, keep elbow straight.  
Using doorknob to anchor band, pull across  
front toward other shoulder.

Hold 3 seconds.

Repeat \_\_\_\_\_ times.

Do these exercises \_\_\_\_\_ times per day.



## SCAPULA - Upward Diagonal

Using other hand as anchor, pull band up and out  
to side with palm facing up.

Hold 3 seconds.

Repeat \_\_\_\_\_ times.

Do these exercises \_\_\_\_\_ times per day.



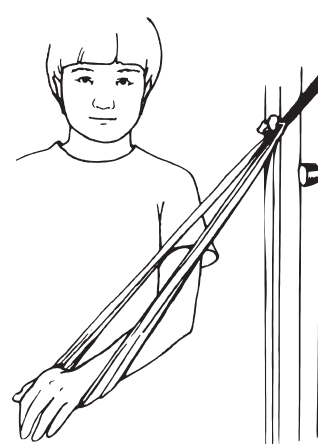
## SCAPULA - Downward Diagonal

Using loop device anchored in door, pull band  
toward opposite knee with palm facing down.

Hold 3 seconds.

Repeat \_\_\_\_\_ times.

Do these exercises \_\_\_\_\_ times per day.



*Para asistencia en español, por favor llamar a el departamento de representantes para pacientes al 312-926-3112.*

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Developed by: Rehabilitation Department

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