

Arm Strengthening Program

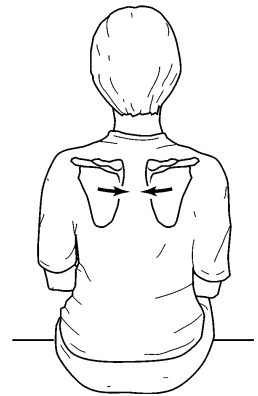
This is a program of exercises to strengthen your arms. The proper position is important so exercise in front of a mirror to check yourself.

- Move slowly with control.
- Blow out your breath with exertion. Practice this with your therapist.
- These exercises can be done with a theraband, dumbbells or wrist weights.
- Do the exercises with your:
 - Left arm
 - Right arm
 - Both arms
 - With _____ theraband
 - With _____ pound weights
- Repeat each exercise ____ times.
- Do your arm exercises ____ times each week.

Do only the exercises checked by your therapist.

Shoulder Blade Squeeze

1. Sit with your elbows at your sides.
2. Slowly squeeze your shoulder blades together.
3. Hold then return to the starting position.

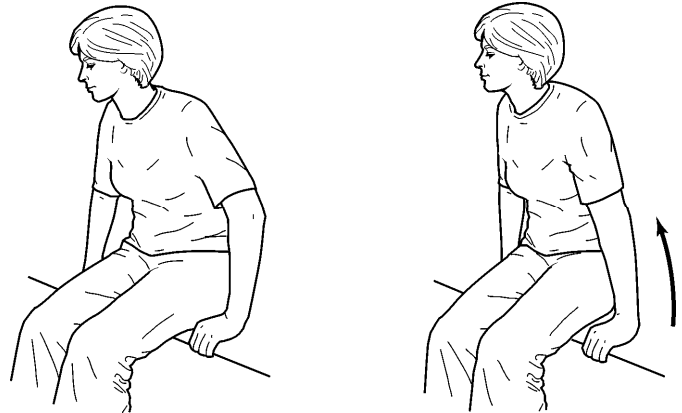


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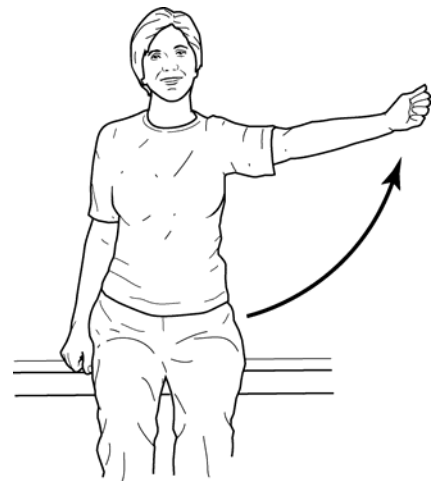
❑ Seated Push Ups

1. Sit and lean forward slightly.
2. Place your hands on the edge of the seating surface.
3. Push down with your hands so that your elbows straighten.
4. Hold and then return to the starting position.



❑ Arm Raises

1. Start with your arm down at your side.
2. Raise your arm, keeping your elbow straight. Raise your arm at a diagonal to the side and in front of your body.
3. Be sure your thumb is pointing up as you raise your arm.
4. Hold and then return slowly lower your arm to your side.



❑ Door Knobs

1. Hold your arm straight out to your side.
2. Turn the palm of your hand up and down, rotating your entire arm.

❑ **Butterfly**

1. Raise your elbow forward to shoulder height with your lower arm bent up at 90 degrees.
2. Slowly bring your arm out to your side.
3. Then slowly bring the arm back in to the front of your chest, keeping the elbow up.

❑ **Biceps**

1. Keep your elbow tucked to your side.
2. Slowly bend your elbow up and down.

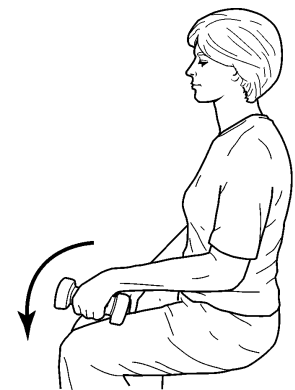
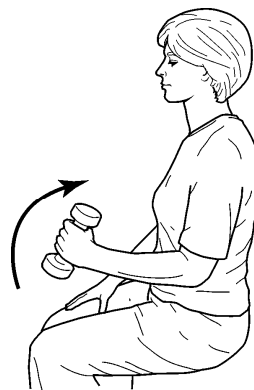
❑ **Forearm Rotation**

1. Bend your elbow to 90 degrees and tuck it into your side.
2. Start with your palm up and turn your hand until the palm is down.
3. Turn palm back up and repeat.



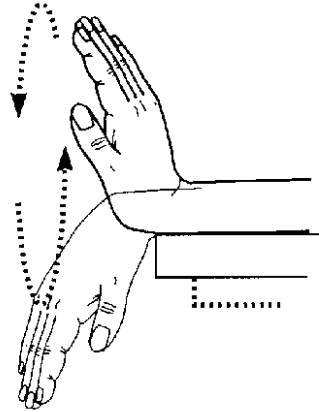
❑ **Hammering**

1. Start with your elbow at your side, bent at a 90 degree angle, with your thumb up.
2. Bend your wrist down slowly.
3. Hold and then slowly pull the wrist back up to the starting position.



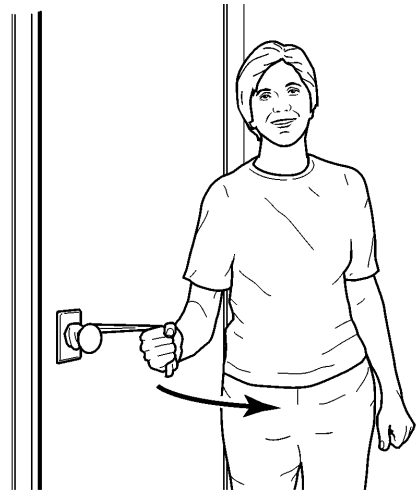
☐ Wrist Circles

1. Rest your forearm on a table top or arm of a chair.
2. Hang your wrist over the edge.
3. Move your wrist to the right and to the left in circles.



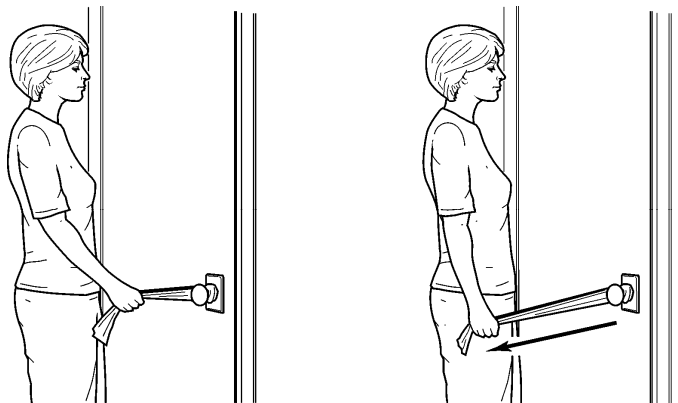
☐ Rotator cuff

1. Loop a theraband around a door pull or bar.
2. With your elbow at your side bent 90 degrees, hold onto the theraband.
3. Pull the theraband toward your body.
4. Hold and then slowly return to the starting position.



☐ Triceps

1. Loop a theraband around a door pull or bar.
2. With your elbow at your side, bent at 45 to 90 degrees, hold the theraband.
3. Pull on the theraband so your elbow is straight down at your side.
4. Hold then slowly return to the start position.



Advanced Exercises

Do these exercises only if your therapist has told you to do them and has reviewed them with you.

❑ Overhead Press

1. Raise your elbows to shoulder height out to your sides.
2. Raise your arms over your head.
3. Hold then slowly lower your arms to shoulder height.

❑ Upper Back

1. Sit leaning forward.
2. Keep your elbow straight with your arm hanging down at your side.
3. Bend your elbow to bring it up toward your back.
4. Hold and then slowly return to the starting position.



❑ Triceps

1. With a straight back, bend arm behind the head so that the elbow points to the ceiling.
2. Slowly straighten the arm with the hand pointing to the ceiling.
3. Hold and then return to the starting position.



✦ **Talk to your doctor or others on your health care team if you have questions. You may request more written information from the Library for Health Information at (614) 293-3707 or email: health-info@osu.edu.**