

# Arm Strengthening Program with Wrap Weights

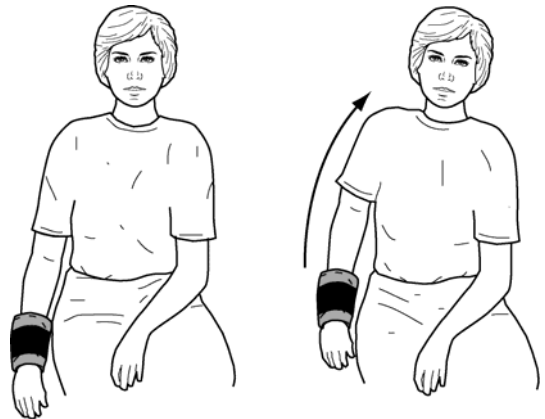
- Gently stretch your arm muscles before and after these strengthening exercises. Your therapist will show you how to do this.
- Remember that a proper position is important for the best strengthening. Do the exercises in front of a mirror to check yourself. Move slowly with control.
- These exercises can be done with dumbbells or by wrapping weights around your wrist. Your therapist will tell you how many times or repetitions (reps) to do the exercises and what size weights to use.
- Do only those exercises checked by your therapist.
- Remember to blow out your breath during exertion. Practice this with your therapist.

## Shoulder Shrug

Weight \_\_\_\_\_

Reps \_\_\_\_\_

- ▶ Keep your arm down to your side and slowly raise and lower your shoulder.



More on next page →

Learn more about your health care.

### Overhead Presses

Weight \_\_\_\_\_

Reps \_\_\_\_\_

- ▶ With your elbows at shoulder height, raise your arms over your head and back to shoulder height.
  - Elbow is out to your side
  - Elbow is partially out to your side
  - Palm is facing forward
  - Rotate your palm to face forward when your arms are down and inward when your arms are overhead.

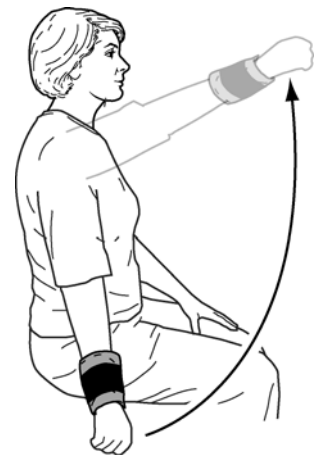


### Forward Flexion

Weight \_\_\_\_\_

Reps \_\_\_\_\_

- ▶ Begin with your arm down at your side. Raise your arm forward, keeping your elbow straight.
  - Palm is facing down to 90 degrees shoulder flexion.
  - When your hand is at shoulder level, your thumb is in up position.

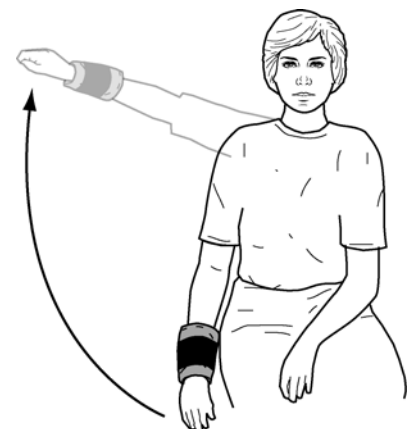


### Lateral Raises

Weight \_\_\_\_\_

Reps \_\_\_\_\_

- ▶ Begin with your arm down at your side. Raise your arm out to your side
  - Palm is facing down to 90 degrees
  - When your hand is at shoulder level, your thumb is in up position.



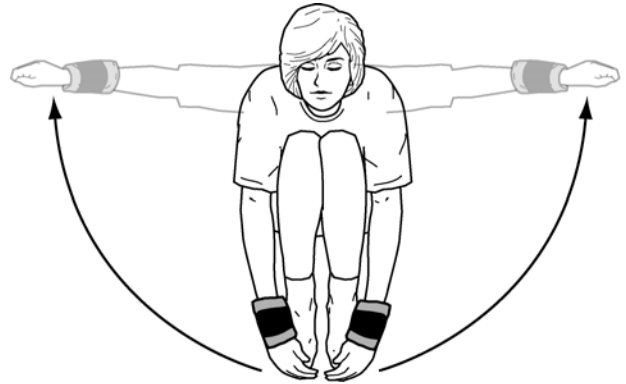
- ▶ For a harder exercise, do both the forward flexion and lateral raises together, one after the other.

**Bent Over Lateral Raises**

Weight \_\_\_\_\_

Reps \_\_\_\_\_

- ▶ Bend over so your chest is resting on your knees. Start with your arms down and raise them out to your side. Keep your elbows high and the palms of your hands face down.

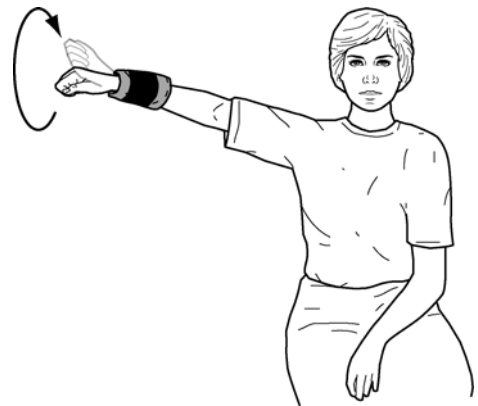


**Doorknobs**

Weight \_\_\_\_\_

Reps \_\_\_\_\_

- ▶ Keep your arm straight out to your side. Turn the palms of your hands up and down, rotating your entire arm.

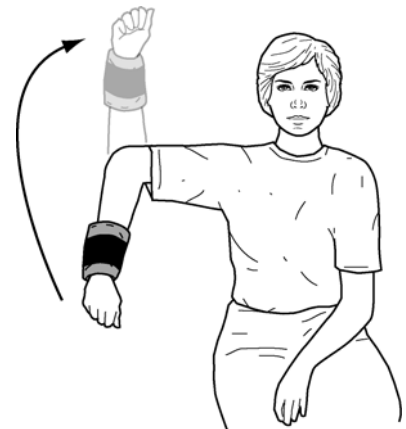


**Rotator Cuff**

Weight \_\_\_\_\_

Reps \_\_\_\_\_

- ▶ Keep your elbow bent to 90 degrees.
  - Elbow is tucked into your side. Slowly rotate your arm in and out.
  - Elbow is out to your side at shoulder height. Slowly rotate your arm up and down.



## □ Deltoid and Supraspinatus

Weight \_\_\_\_\_

Reps \_\_\_\_\_

- ▶ Raise your elbow forward to shoulder height and bend it 90 degrees. Slowly bring your arm out to your side and then in front of your chest. Keep your elbow up.

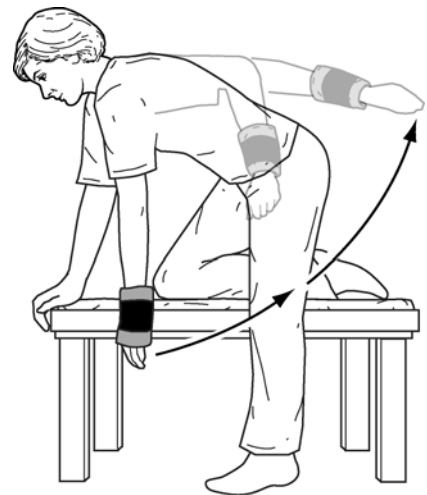


## □ Upper Back

Weight \_\_\_\_\_

Reps \_\_\_\_\_

- ▶ Bend over a chair or bed. Rest your straight arm and bent knee on the same side on the surface mat or chair. Keep the opposite arm straight down and then raise it straight up as far as possible behind your back. Keep your elbow bent.
- ▶ Add the triceps by straightening your arm at the elbow once the arm is raised.

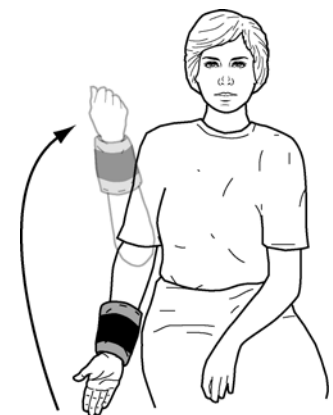


## □ Biceps

Weight \_\_\_\_\_

Reps \_\_\_\_\_

- ▶ Keep your elbow tucked to your side. Bend the elbow up and down in a controlled way.
- ▶ While seated, rest your elbow on the inside of your knee to stabilize it. Bend elbow up and down.
- ▶ Add a twist by starting with the thumb forward and turn your palm up as you bend your elbow.
- ▶ Do the same exercise as above but with the thumb up only.

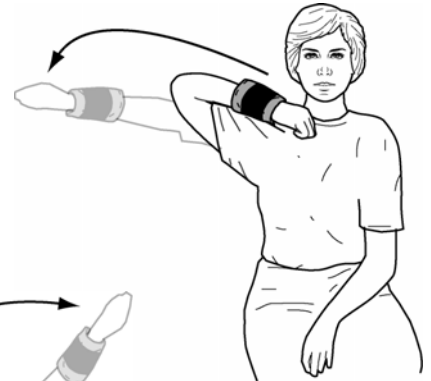


## □ Triceps

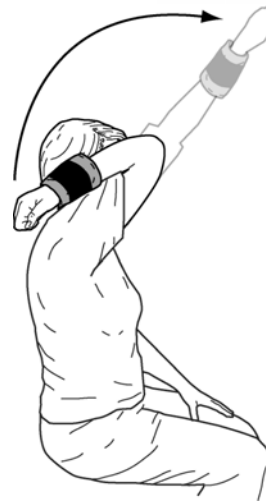
Weight \_\_\_\_\_

Reps \_\_\_\_\_

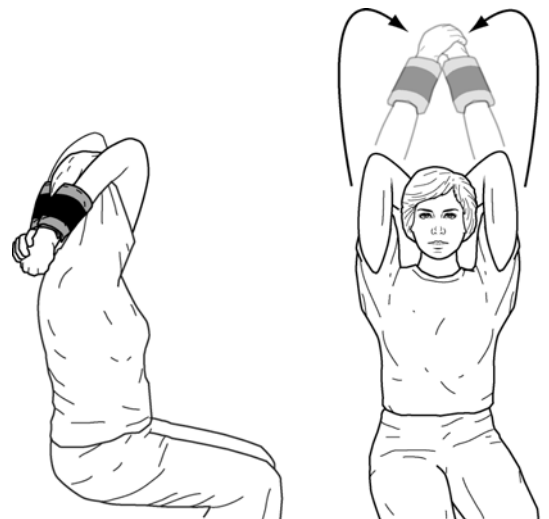
- ▶ Keep your arm shoulder height, and straighten your elbow.



- ▶ Raise your arm up over your head, with your elbow tucked to your ear. Bend and straighten your elbow.



- ▶ Raise both arms over your head with your elbows tucked to your ear. Hold the weight with both hands and bend and straighten your elbows.



### **With Triceps remember to:**

- ▶ Keep your shoulder in the same position and only move your elbow
- ▶ Tuck your elbow to your ear
- ▶ Reverse your hand placement after 10 reps

### □ Pronation

Weight \_\_\_\_\_

Reps \_\_\_\_\_

- ▶ Bend your elbow to 90 degrees. Tuck it into your side. Wrap the weight at the end of the hammer. Begin with your palm up and turn your hand until the palm is down.
- ▶ Manual resistance as directed by your therapist.



### □ Supination

Weight \_\_\_\_\_

Reps \_\_\_\_\_

- ▶ Do the same exercise as pronation except begin with your palm down and turn your hand until the palm is up.
- ▶ Manual resistance as directed by your therapist.



**❑ Wrist Flexion**

Weight \_\_\_\_\_

Reps \_\_\_\_\_

- ▶ Bend your elbow and rest your forearm on a table or your knee. Your hand should hang over the table or knee. Keep the palm facing up and raise your hand up and down, bending the wrist only.
- ▶ Manual resistance as directed by your therapist.



**❑ Wrist Extension**

Weight \_\_\_\_\_

Reps \_\_\_\_\_

- ▶ Bend your elbow and rest your forearm on a table or your knee. Your hand should hang over the table or knee. Keep the palm facing down, and raise your hand up and down, bending the wrist only.
- ▶ Manual resistance as directed by your therapist.

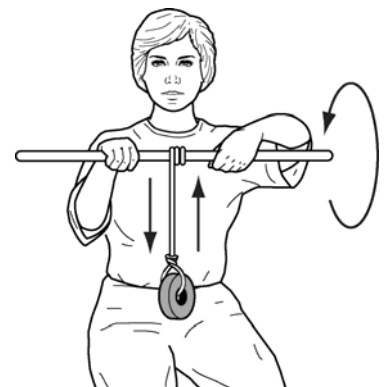


**❑ Wrist Flexion and Extension**

Weight \_\_\_\_\_

Reps \_\_\_\_\_

- ▶ Tie and tape a 2 foot rope onto the middle of a dowel rod or broom handle. Attach the weight to the other end of the rope. Place your hand on each side of the rope and roll the weight all the way up and then all the way down.



**✦ 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](mailto:health-info@osu.edu).**