

Arm Theraband Exercises: Sitting

Do these exercises while sitting on a firm chair. You will hold one end of the theraband in the hand of the arm you are to exercise. Your foot on the exercising side will most often anchor the other end of the band. Be sure to breathe as you do these exercises. Do the exercises with slow, steady motions for the best results.

Exercises should be done _____ times each day.

Repeat each exercise _____ times.

Do these exercises with: Right arm Left arm Both arms

- Anchor the band around your foot on the same side you are exercising.

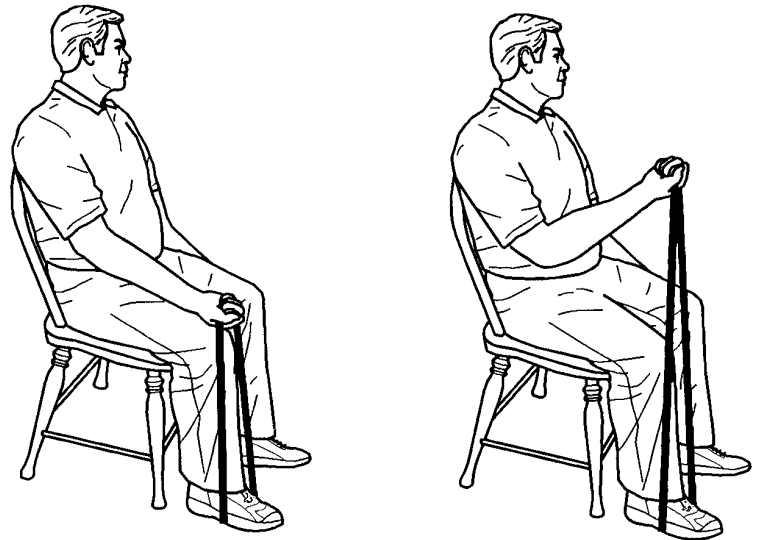
Hold the other end of the band in your hand.

Start with your arm at your side and your elbow bent to 90 degrees.

Slowly bend your arm at the elbow, bringing your hand to your shoulder, stretching the band.

Slowly take your elbow back to the starting point.

Relax and repeat.



More on next page →

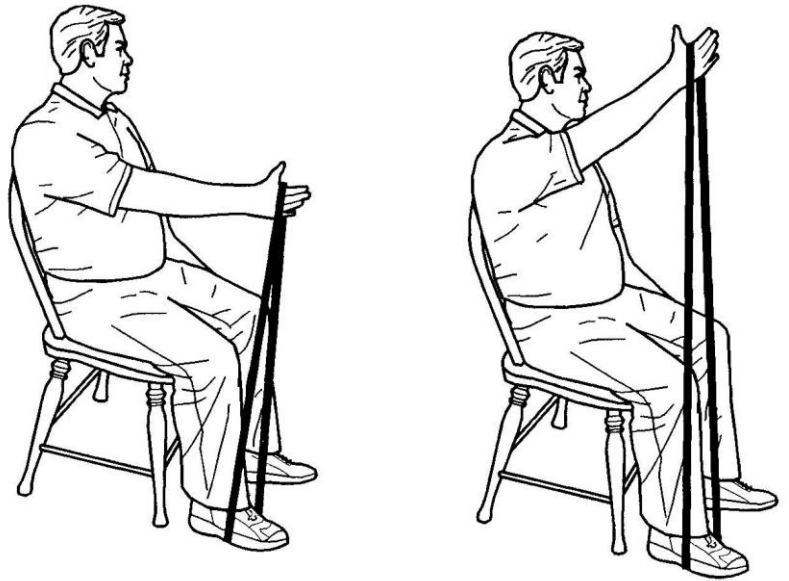
Learn more about your health care.

- ❑ With one end anchored at your foot, hold the band in your hand with your arm straight, just above your knee. Your thumb should point toward the ceiling.

Keeping your arm straight, slowly raise your arm up over your head, stretching the band.

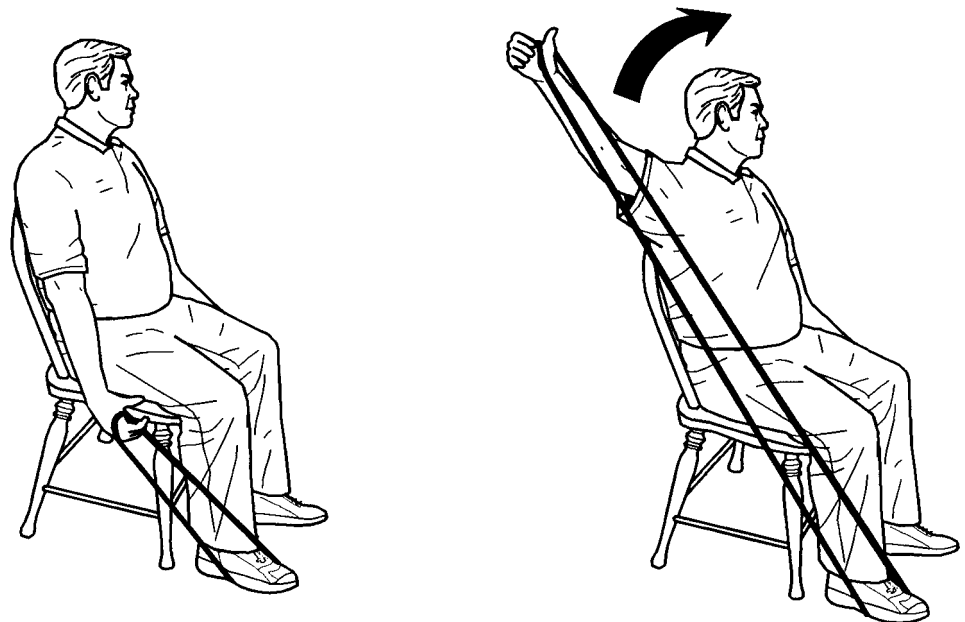
Hold and then slowly bring your arm back down, keeping the arm straight.

Relax and repeat.



- ❑ With one end anchored at your foot, hold the band in your hand with your arm straight, just out to the side of your knee. Your thumb should point toward the ceiling. Keeping your arm straight, slowly raise and lower your arm above your head, like a jumping jack motion, stretching the band.

Repeat.

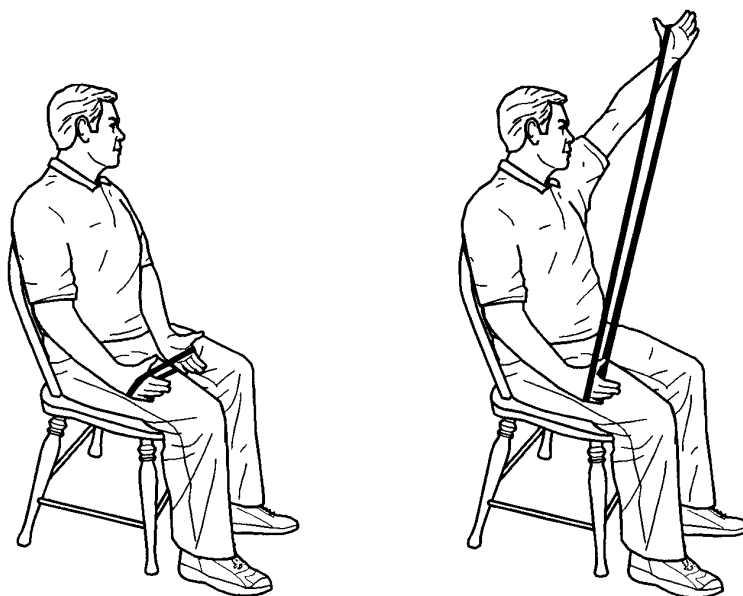


- ❑ With both arms straight, holding the theraband, place one hand across to the opposite leg, like reaching for the opposite pocket. Anchor the band in the hand your side.

Bring the straight arm from the opposite leg, across your body and stretch the band up over your head and away from your body, as if you were drawing a sword. Your thumb will be pointed towards the back.

Hold and then slowly bring the arm back down and across your body to the starting point.

Relax and repeat.

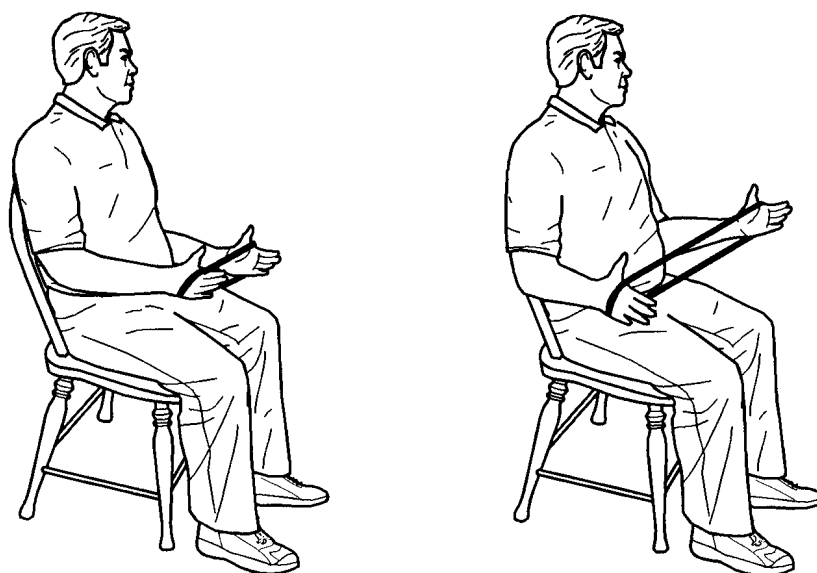


- ❑ Holding the band in both hands, bend your arms to 90 degrees, keeping your elbows in by your sides.

Slowly pull your hands away from each other, stretching the band between them. Be sure your elbows stay by your sides.

Hold, then slowly bring your hands back in.

Relax and repeat.



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