Theraband Exercises in Bed

Repeat these exercises _____ times for _____ times a day.

- Place the Theraband at the level of your shoulders and push toward the ceiling.

- Place the Theraband at the level of your waist. Bend your elbows and pull toward your shoulders.

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Cross your arms and grasp the Theraband on opposite sides of your body (A). Pull across your body (B). Return to a crossed arm position.

Place the Theraband at the level of your waist. Bend your elbows and pull inward toward the center of your body.

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