Do only the exercises checked by your therapist.
Do them _______ times each, _______ times a day.
• Do exercises slowly.
• Breathe in through your nose and out through your mouth. Never hold your breath.
• If you feel any pain or discomfort, tell your therapist.

Exercises

- Exercise 1
  • Place the theraband at the level of your shoulders
  • Pull toward the ceiling.

- Exercise 2
  • Place the theraband at the level of your waist.
  • Bend your elbows and pull toward your shoulders.
Exercise 3
- Cross your arms and grasp the theraband on opposite sides of your body.
- Pull across your body.
- Return to a crossed arm position.

Exercise 4
- Place the theraband at the level of your waist.
- Bend your elbows and pull inward toward the center of your body.