

# Four Point Theraband Exercise



This exercise is done to strengthen your upper back, trunk and arm muscles. This helps you to have good posture. When you do this exercise correctly, you will feel the muscles in the middle of your back pulling your shoulder blades down and together from points A and B and together from points C and D.

You will need to use a theraband for this exercise. Tie a knot in one end of the band. Place the knot on the outside of a door and close the door to hold the band in place, starting at point A at the top of the door. You will repeat the exercise at:

- Point B - above your shoulder height
- Point C - at waist height
- Point D - at knee height

Do the exercise with:    \_\_\_ both arms    \_\_\_ right arm    \_\_\_ left arm

- Stand facing the door with your feet about shoulder width apart.
- Hold onto the band with both hands so your arms are straight. You may need to step back from the door.
- Pull the band back as much as you can toward your waist, bending your arms at the elbows. Focus on squeezing your shoulder blades together and down when the band is at points A and B. For points C and D, focus on squeezing your shoulder blades together.
- Hold. Then slowly ease the band back to the starting position and repeat.
- Move the band to the next point and begin again.

Repeat the exercise at each point \_\_\_\_\_ times.

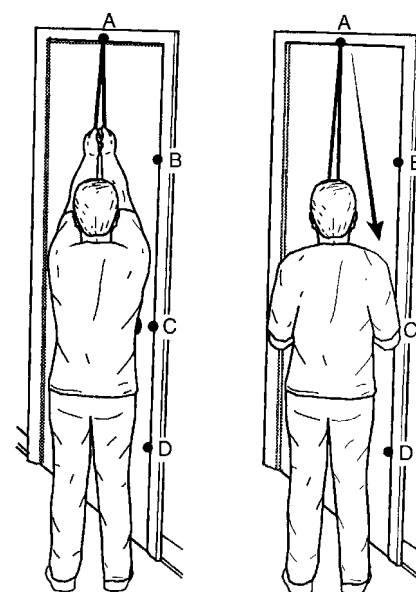
Hold for \_\_\_\_\_ seconds.

Do these exercises \_\_\_\_\_ times each day.

## Cautions:

You should not feel your shoulders rise up with this exercise.

Stop if you have pain, numbness or tingling. Let your therapist or doctor know.



**If you would like more written information, please call the Library for Health Information at (614)293-3707. You can also make the request by e-mail: [health-info@osu.edu](mailto:health-info@osu.edu).**

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