

Arm Theraband Exercises: Standing



Do these exercises while standing. You will hold one end of the theraband in the hand of the arm you are to exercise. The other end of the band will most often be anchored by your foot on the exercising side. 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.

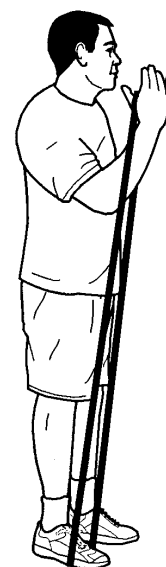
Hold the other end of the band in your hand.

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.

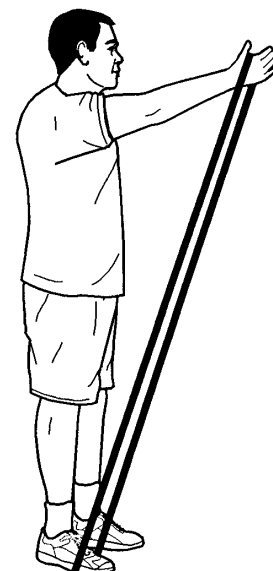


- With one end anchored at your foot, hold the band in your hand with your arm straight. Your thumb should point toward the ceiling.

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.

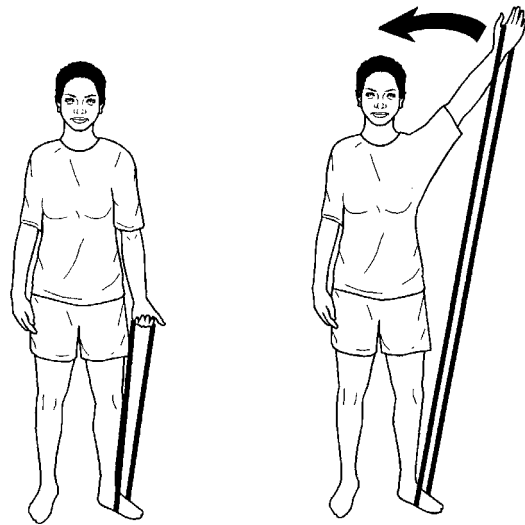
Relax and repeat.



- ❑ With one end anchored at your foot, hold the band in your hand with your arm straight at your side. 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.

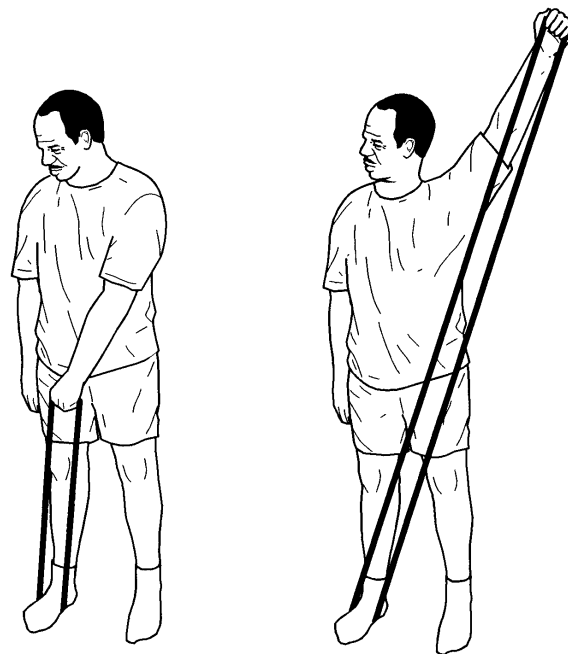


- ❑ Anchor the band around the foot opposite the arm to be exercised. Hold the other end of the theraband in the hand of the arm to be exercised.

Place your hand holding the theraband across to the leg anchoring the band.

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.

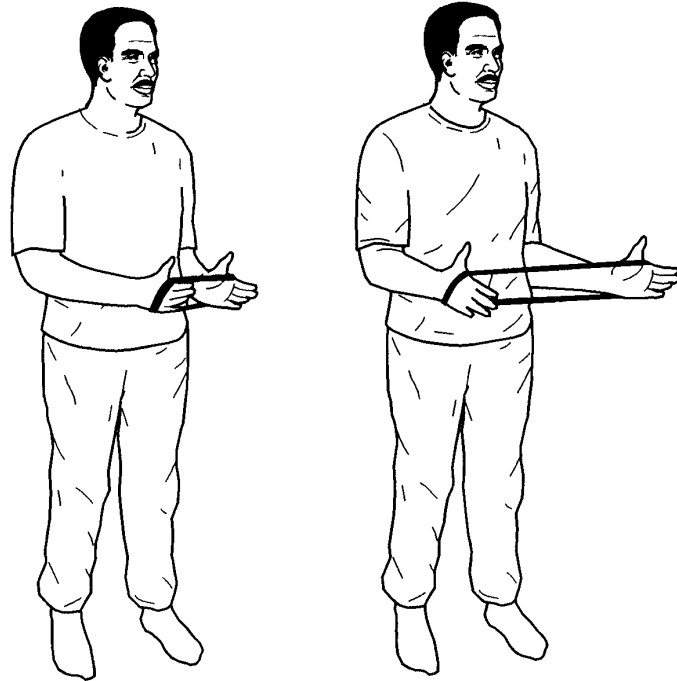


- ❑ Holding the band in both hands, bend your arms to 90 degrees, keeping your elbows in by your sides.

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.



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