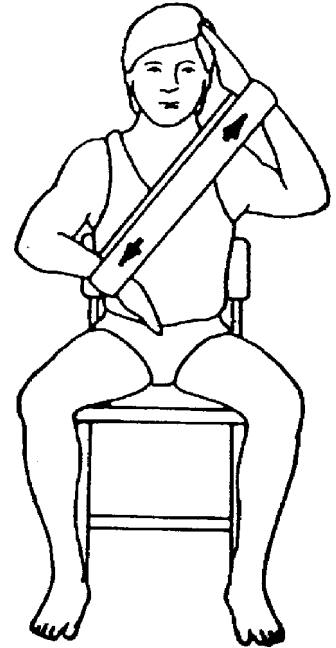


# HEALTH FOR LIFE

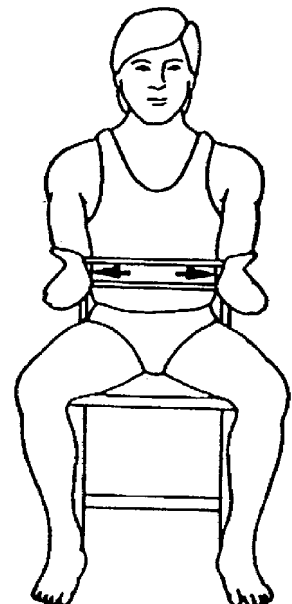
## Isometric Theraband Exercises

Repeat these exercises \_\_\_\_\_ times for \_\_\_\_\_ times a day.

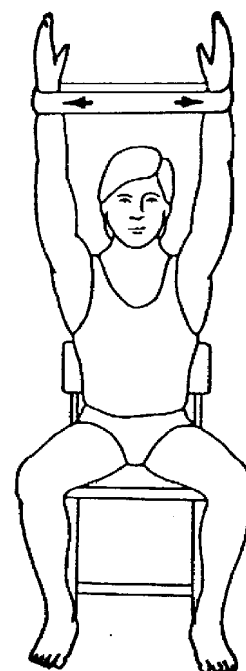
- Place the Theraband around your forearms and pull your hands apart as shown. Hold for 10 seconds and then relax.



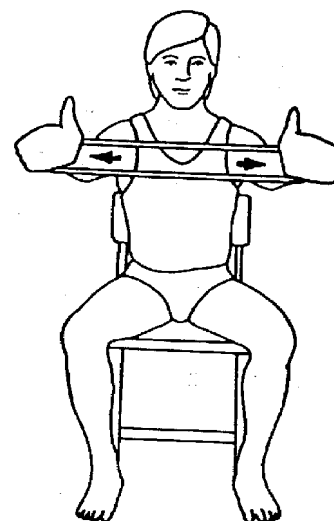
- Place the Theraband around your forearms. Keep your elbows bent and in at your sides. Pull your hands out until the Theraband is taut. Hold for 10 seconds and then relax.



- Place the Theraband around your forearms. Raise your arms straight over your head. Pull the band apart until it is taut. Hold for 10 seconds and then relax.



- Place the Theraband around your forearms. Keep your arms straight out in front of you. Pull your arms out until the band is taut. Hold for 10 seconds and then relax.



**If you would like more written information, please call the Center 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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- ▶ Upon request all patient education handouts are available in other formats for people with special hearing, vision and language needs, call (614) 293-3191.