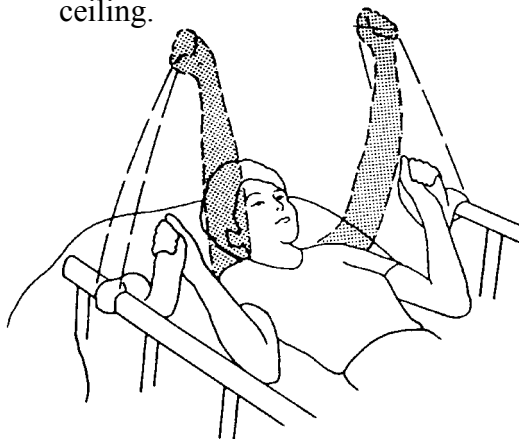


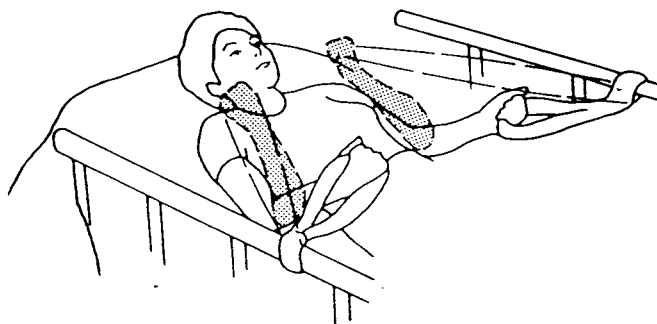
Theraband Exercises in Bed

Repeat these exercises _____ times for _____ times a day.

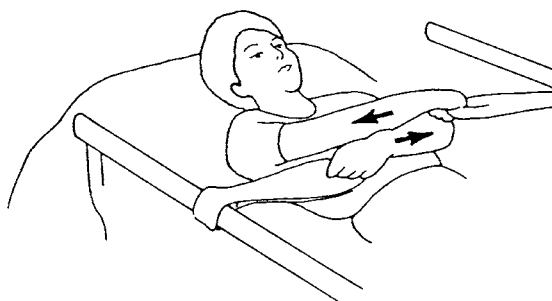
- Place the Theraband at the level of your shoulders and push toward the ceiling.



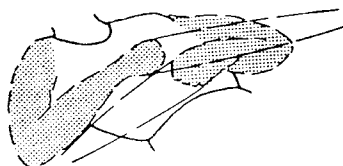
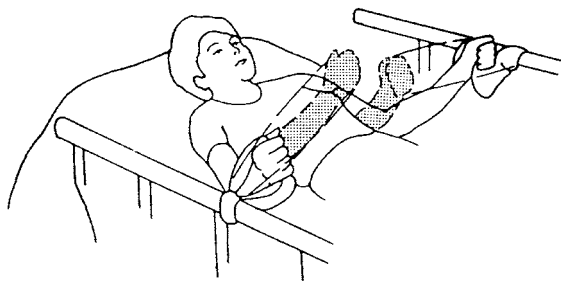
- Place the Theraband at the level of your knees and pull toward your shoulders.



- Cross your arms and grasp the Theraband on opposite sides of your body. Pull away from your body.



- Place the Theraband at the level of your waist and pull toward the center of your body.



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.