

Thera-Band® Resistance Bands and Tubing Exercises

Shoulder

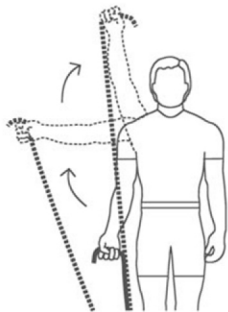
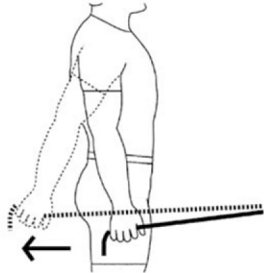


Shoulder Flexion*

- Stand on elastic.
- Begin with arm at side, elbow straight, thumb up.
- Grasp elastic.
- Raise arm in front over head, keeping elbow straight.
- Slowly return to starting position.

Shoulder Extension

- Secure elastic at waist level as shown.
- Grasp elastic and pull arm backwards keeping elbow straight.
- Slowly return to start position.

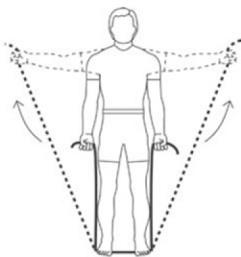


Shoulder Abduction*

- Stand on elastic.
- Begin with arm at side, elbow straight, holding elastic, palm forward.
- Raise arm upward, out to side and over head.
- Slowly return to starting position.

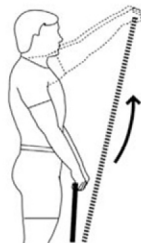
Lateral Raise

- Stand on elastic.
- Hold elastic in both hands.
- Begin with arms at sides.
- Position palms forward.
- Keep elbows straight and lift arms to shoulder level.
- Slowly lower and repeat.



Front Raise*

- Secure elastic at waist level as shown.
- Grasp elastic and pull arm backwards keeping elbow straight.
- Slowly return to start position.



Overhead Press*

- Stand on elastic.
- Grasp elastic in hands, arms at side, elbows bent, as shown.
- Push arms up and overhead.
- Slowly return to start position and repeat.

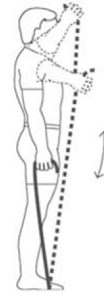
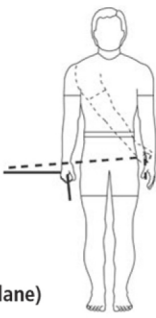
Shoulder Diagonal D1 Flexion*

- Secure elastic to secure object at floor level.
- Sit or stand, arm at side.
- Grasp elastic in hand, palm forward.
- Lift arm upward and across body to opposite shoulder, bending elbow, ending with palm inward.
- Slowly return to start position and repeat.



Shoulder Adduction

- Attach elastic to secure object at waist level.
- Grasp elastic in hand.
- Pull arm inward, keeping elbow straight.
- Slowly return to start position and repeat.

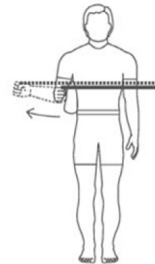
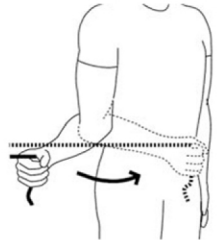


Scaption (Abduction in Scapular Plane)

- Stand on elastic.
- Begin with arm at side, elbow straight, holding elastic, thumb up.
- Raise arm in a position halfway between the front and side, over head.
- Slowly return to starting position.

Shoulder Internal Rotation

- Secure elastic at waist level.
- Sit or stand with involved side to elastic, elbow at 90 degrees, arm at side.
- Grasp elastic and pull hand inward, across body, as shown.
- Slowly return to start position and repeat.



Shoulder External Rotation

- Attach elastic to secure object at waist level.
- Place pillow between elbow and body.
- Grasp elastic in hand, elbow bent to 90 degrees.
- Rotate arm outward and return.
- Slowly return to start position and repeat.

Shoulder Diagonal D2 Flexion*

- Attach elastic to secure object at floor level.
- Begin with arm crossed over trunk, holding elastic, palm inward, at opposite hip.
- Raise arm up and diagonally across, ending with palm facing forward.
- Slowly return to start position and repeat.

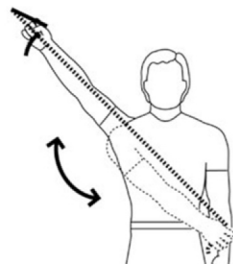


Shoulder Diagonal D1 Extension*

- Attach elastic to secure object as shown.
- Grasp elastic with hand at opposite shoulder, palm inward.
- Pull arm down and across body, ending in palm outward.
- Slowly return to start position and repeat.

Shoulder Diagonal D2 Extension*

- Attach elastic to secure object above head level.
- Begin with arm up and out from side as shown.
- Grasp elastic, palm forward and pull down and across.
- End with hand at opposite hip, palm inward.
- Slowly return to start position and repeat.



*Caution: User must wear suitable eye protection such as safety goggles during this exercise to protect against possibility of eye injury as a result of the band or tube snapping towards the face if grip is lost or if the band or tube breaks.

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Hips

Hip Flexion (Standing)

- Attach elastic to secure object at ankle level.
- Loop band around ankle.
- Stand, facing away from the pull.
- Extend leg forward, keeping knee straight.
- Slowly return to start position and repeat.



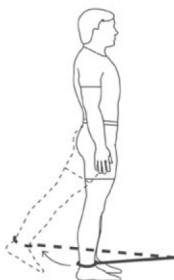
Hip Flexion (Sitting)

- Sit in chair.
- Loop elastic around thigh slightly above knee, stabilize ends of band under opposite foot.
- Lift one leg up, slowly return.
- Repeat.



Hip Extension

- Attach elastic to secure object at ankle level.
- Loop around ankle.
- Stand, facing toward the pull.
- Extend leg backward, keeping knee straight.
- Slowly return to start position.



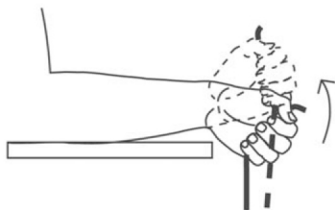
Hip Abduction

- Attach elastic to secure object at ankle level.
- Stand with involved leg away as shown.
- Keep knee straight, pull away, moving leg outward.
- Slowly return to start position.



Radial Deviation

- Secure elastic under foot.
- Support forearm on table or knee as shown.
- Hold elastic in hand, thumb up.
- Move hand upward.
- Return to start position and repeat.



Elbow Kick Back*

- Hold elastic in hand of involved arm.
- Place one end of elastic under opposite foot.
- Slightly bend hips and support upper body with other arm as shown.
- Pull up on elastic, raising elbow to shoulder height.
- Extend elbow backward, contracting Triceps.
- Slowly return to start position and repeat.

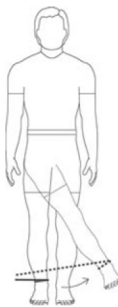


Concentration Curl*

- Attach elastic to secure object at floor level.
- Grasp elastic in hands, palms up, arms straight.
- Pull upward, bending at elbows.
- Keep trunk straight.
- Slowly return to start position and repeat.



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Hip Adduction

- Attach elastic to secure object at ankle level.
- Stand with involved leg toward pull, as shown.
- Keep knee straight, pull in, moving leg inward.
- Slowly return to start position.

Hip Internal Rotation

- Attach elastic to secure object at ankle level.
- Loop elastic around ankle, positioned as shown.
- Pull ankle outward.
- Slowly return to starting position and repeat.



Hip External Rotation

- Attach elastic to secure object at ankle level.
- Loop elastic around ankle, positioned as shown.
- Pull ankle inward.
- Slowly return to starting position and repeat.



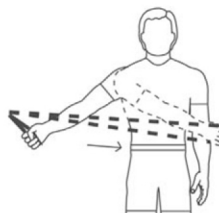
Hip Abduction + External Rotation (Clam)

- Loop elastic around thighs.
- Lie on back propped on elbows with knees bent.
- Move thighs apart.
- Return to start position and repeat.

Chest

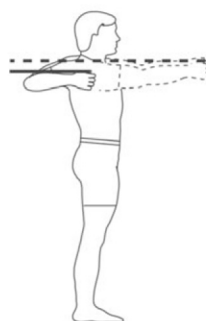
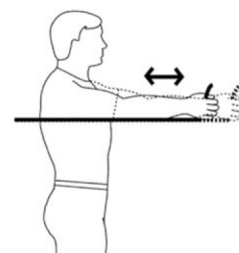
Horizontal Adduction*

- Attach elastic to secure object at shoulder level.
- Grasp elastic in involved hand and pull inward, across body, as shown.
- Keep elbow straight and do not twist at waist.
- Slowly return and repeat.



Serratus Press

- Attach elastic to secure object at shoulder height.
- Face away, grasp elastic in hand with elbow straight, arm in front, as shown.
- Push arm forward.
- Slowly return to start position.



Chest Press

- Attach elastic to secure object at shoulder level.
- Sit or stand as shown.
- Hold elastic in hands, arms out from side, elbows bent, as shown.
- Push forward, straightening elbows.
- Slowly return to start position and repeat.

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