

## Thera-Band® Resistance Bands and Tubing Exercises

### Shoulder

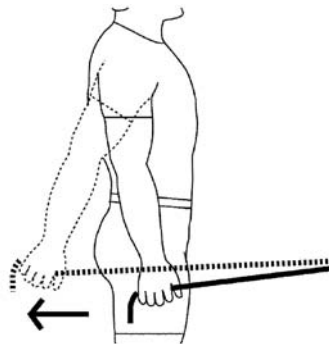


#### Shoulder Flexion\*

- 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.

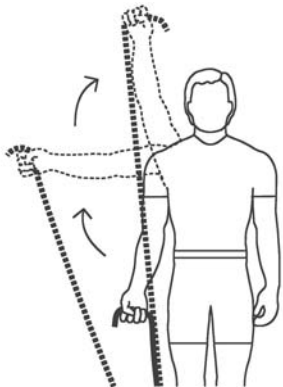
#### Shoulder Extension

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



#### Shoulder Abduction\*

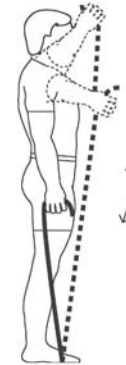
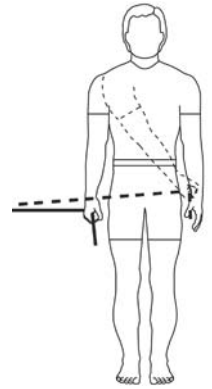
- Stand on elastic.
- Begin with arm at side, elbow straight, holding elastic, palm forward.
- Raise arm upward, out to side and over head.
- Slowly return to starting position.



*\*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.*

#### 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.

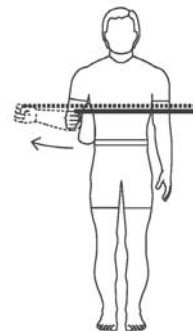
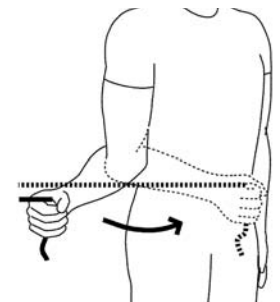


#### Scaption (Abduction in Scapular Plane)

- 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.

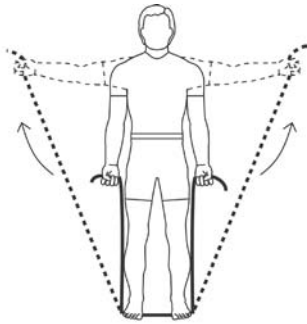
#### Shoulder Internal Rotation

- 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.

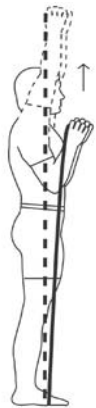
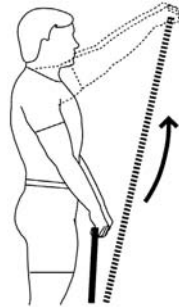


**Lateral Raise**

- 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.

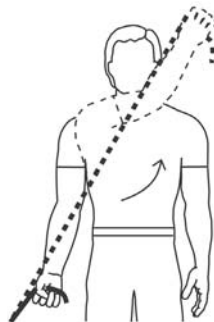


**Overhead Press\***

- 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\***

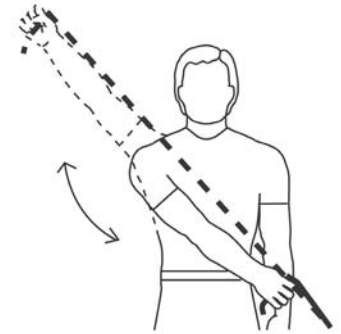
- Secure elastic to secure object at floor level.
- Sit or stand, arm at side.
- Grasp elastic in hand, palm forward.
- Lift arm upward and across body to opposite shoulder, bending elbow, ending with palm inward.
- Slowly return to start position and repeat.



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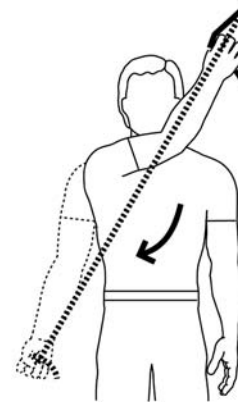
**Shoulder Diagonal D2 Flexion\***

- 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.



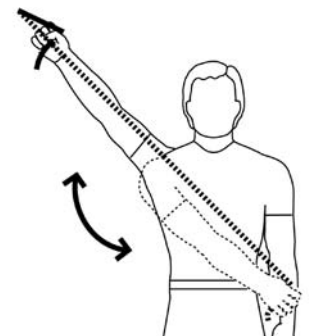
**Shoulder Diagonal D1 Extension\***

- 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.



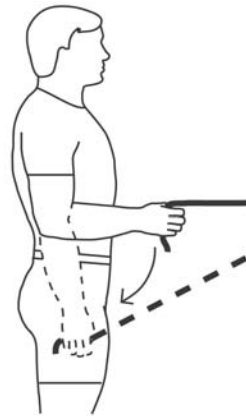
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## Arms



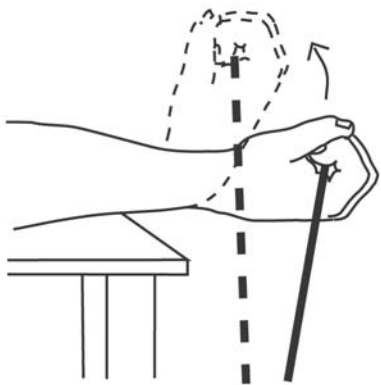
### Elbow Flexion\*

- Stand on elastic
- Grasp elastic in hand, palm up, arm straight.
- Pull upward, bending at elbow.
- Slowly return to start position and repeat.



### Elbow Extension

- Attach elastic to secure object at waist level.
- Grasp elastic, thumb up, elbow bent, as shown.
- Straighten elbow, keeping elbow at side.
- Slowly return to starting position.



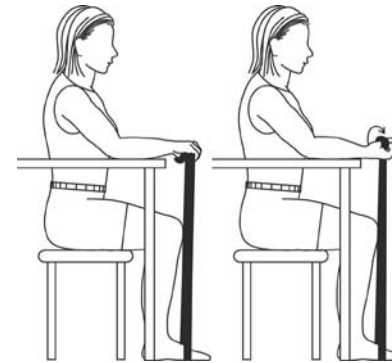
### Wrist Flexion

- Secure elastic under foot.
- Grasp elastic in hand.
- Place forearm on table with hand off edge of table, palm up, as shown.
- Move wrist upward.
- Slowly return to starting position.

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### Wrist Extension

- Secure elastic under foot.
- Grasp elastic with hand.
- Place forearm on table with hand off edge of table, palm down as shown.
- Move wrist upward.
- Slowly return to starting position.

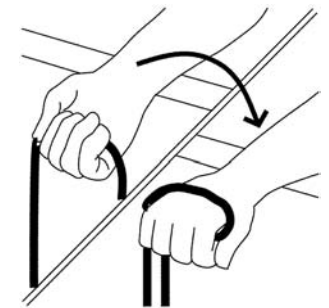


### Supination

- Secure elastic near floor.
- Support forearm on table or armchair.
- Position hand palm down with elastic crossing over thumb as shown.
- Rotate hand to palm up, elastic should resist this movement.
- Slowly return to start position.

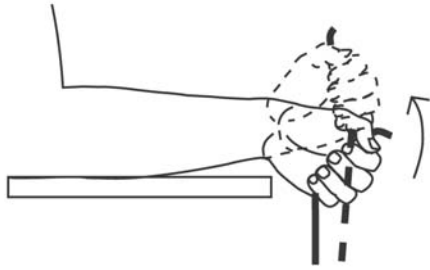
### Pronation

- Secure elastic near floor.
- Support forearm on table or armchair.
- Position hand palm up with elastic crossing under thumb as shown.
- Rotate hand to palm down, elastic should resist this movement.
- Slowly return to start position.



### Ulnar Deviation

- Sit and secure ends of the band under your feet, creating a loop in the middle.
- Keep elbow at side, grasp middle loop of band, keeping thumb forward.
- Keep elbow next to side and move wrist backward.
- Hold and slowly return and repeat.

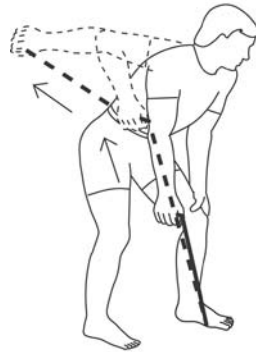


**Radial Deviation**

- 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.

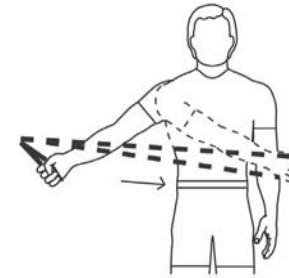


**Concentration Curl\***

- 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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**Chest**

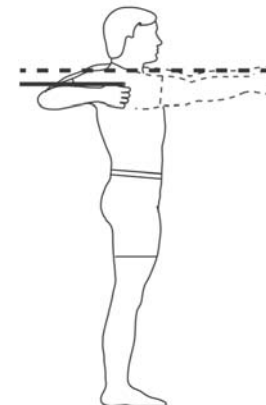
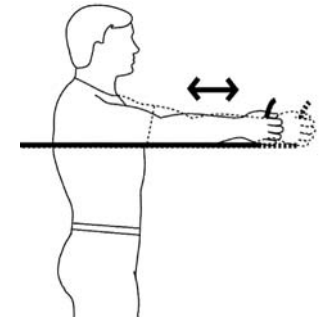


**Horizontal Adduction\***

- 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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