Flexion:

Your therapist: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone number:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

If you have any questions, please contact the therapist.

**Theraband Exercises for Shoulder Strengthening**

-Place one end of the theraband under one foot. With the arm on the same side, lift straight up in front of you and away from your body.

- Repeat this \_\_\_\_\_\_\_\_\_\_times for each side.



Abduction:

-Place one end of the theraband under your right/ left foot.

-Using the arm on the same side, lift your arm out to the side away from your body.

-Repeat this \_\_\_\_\_\_\_\_\_\_times for each side.



Shoulder Diagonal:

-(A) Place theraband under one foot. Using the opposite arm, pull theraband across your body towards your shoulder.

-Repeat this \_\_\_\_\_\_\_\_\_times for each side.

-(B) Place theraband under one foot. Using the arm on the same side, pull theraband across the body diagonally, starting from your hip, toward your shoulder. Repeat this \_\_\_\_\_\_\_\_\_times for each side.

(A)





(B)

Shoulder Shrugs:

-Place theraband under both feet. Hold the ends of the band in each hand.

-Keep your elbows straight and lift your shoulders upward. Hold and slowly return to starting postion.

-Repeat this \_\_\_\_\_\_\_\_\_\_times.

 

Pull backs:

-Wrap theraband around a table leg or an immovable object. Hold the ends with your hands.

-Pull both arms towards you at the same time, squeezing your shoulder blades together. Hold and slowly return to the starting position.

-Repeat this \_\_\_\_\_\_\_\_\_\_\_\_times.



Horizontal abduction:

-Hold theraband out in front of you at shoulder level.

-Pull apart theraband slowly away from your body. (Making a “T” with your body). Return to starting position.

-Repeat this \_\_\_\_\_\_\_\_\_\_times.

 

Pull Across:

-Attach one end of the theraband to a stationary object, hold the other end with one hand.

-Elbow next to side, arm at 90 degrees, pull the theraband across midsection.

-Repeat this \_\_\_\_\_\_\_\_\_\_times.

 

90 degree pulls:

-Attach one end of the theraband to a stationary object, hold the other end with one hand.

-Elbow next to side, arm at 90 degrees, pull theraband towards body(keep arm bent, move elbow towards body).

-Repeat this \_\_\_\_\_\_\_\_\_\_times for each side.



Additional instructions/comments: