



Dowel Rod Exercise Program

Author: [Alison Schuster , OTR/L; Uzma Khan](#)

This exercise program is used to improve upper body strength and range of motion. If at any time you experience unusual pain or discomfort, stop immediately and consult with your physician or therapist.

Therapist name & contact info: _____

Before starting exercises, do these warm up stretches:

Follow these precautions:

Do each exercise ____ times, ____ a week.

Arm Circles



Start Position

- Hold dowel rod with palms facing down.
- Begin with arms straight.



End Position

- Use arms to make a clockwise circle; then a counter clockwise circle.

Tricep Curl



Start Position

- Hold dowel rod with both hands, palms facing up and arms straight up above head.



End Position

- Bend elbows and bring dowel rod behind head.
- Then straighten arms up above head to return to start position.
- Keep elbows pointed to the ceiling.

Chest Pull



Start Position

- Hold dowel rod with both hands, palms facing up. Start with arms out straight in front of the body.



End Position

- Pull rod in toward the stomach while bringing elbows back.
- Squeeze shoulder blades together.
- Return to start position.

Cross Over



Start Position

- Hold dowel rod in both hands with right palm facing up and left palm facing down.



End Position

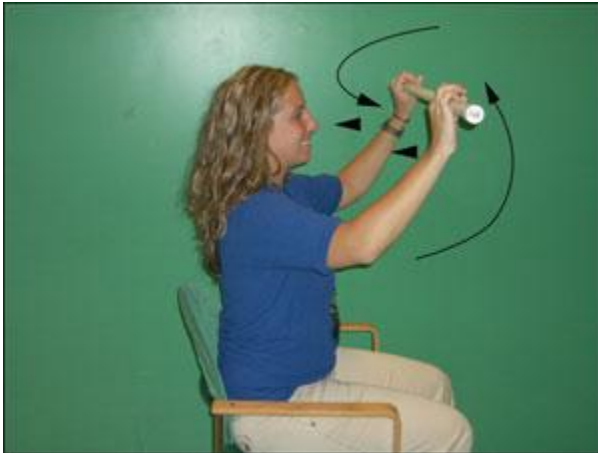
- Cross arms by bringing right over left.
- Return to start position.
- Switch directions and switch hands.

Forward / Backward Circles



Start Position

- Hold rod with both hands, palms facing down.



End Position

- Move rod in a large forward circle.
- Reverse, moving rod in large backward circle.

Chest Press



Start Position

- Hold dowel in both hands, palms facing down.
- Bend elbows bring rod into chest.



End Position

- Push rod forward and straighten elbows.
- Bend elbows to return to start position.

Arm Push Up



Start Position

- Hold dowel rod with both hands, palms facing down.
- Bend elbows and bring rod in toward chest.



End Position

- Push arms up toward ceiling and straighten elbows.
- Bend elbows to return to start position.

Bicep Curl



Start Position

- Hold dowel rod in both hands, palms facing up toward the ceiling and elbows at a right angle.



End Position

- Bend elbows to bring rod up to shoulders.
- Return to start position.

Side to Side



Start Position

- Hold dowel rod with both hands, palms facing down.



End Position

- Raise rod up to shoulder height and reach as far to the left as possible.
- Then reach as far to the right as possible.
- Continue reaching side to side.

Pull Up



Start Position

- Hold dowel rod in both hands, palms facing down.
- Begin with elbows straight and dowel at the knees.



End Position

- Bend elbows to bring dowel up to shoulder height.
- Return to start position.

Shoulder Flexion



Start Position

- Hold rod in both hands, palms facing down.
- Begin with elbows straight and dowel at the knees.



End Position

- Raise rod up above the head, keeping arms straight.
- Return to start position.

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