

Upper Body: Thera Band Exercise Program-Advanced

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Patient Name: _____ Therapist Name: _____

This program is used to improve upper body strength and range of motion. Many of the exercises focus on muscles of the shoulders, chest and upper back.

Please consult with your therapist for specific instructions before doing any of these exercises. If at any time you experience unusual pain or discomfort, stop immediately and consult with your physician or therapist.

Do not use Thera-Band if you have latex allergy.

General Suggestions:

- Always stretch before and after doing strengthening exercises.
- Suggestions for stretches:

- Complete all exercises while seated in a chair with armrests unless instructed otherwise by your therapist.
- All movements should be slow, smooth, and controlled so that your muscles do the work instead of the Thera-Band.
- Use these medical precautions:

- Repeat each exercise ____ times. Do exercises ____ days per week.

Advanced Elbow Extension



Start Position

- Imagine using a towel to dry your back.
- Hold the band behind your back.
- Keep your right elbow pointing forward.



End Position

- Pull arm straight up
- Repeat with opposite arm

Seated Row



Start Position

- Tie band to door knob.
- Sit in a chair with arms held at shoulder height.

Advanced Standing Row



Start Position

- Tie the band to a door knob.
- Stand and hold the band in your hands with elbows straight.



End Position

- Pull hands towards chest.



End Position

- Pull arms to your waist.

Bicep Curl with Full Elbow Extension



Start Position

- Begin with arm down to the side of leg.
- Grip the band with palm facing the ceiling.

Begin to pull the band.

Internal/External Shoulder Rotation

Start Position

- Loop band through the armrest of a chair or a doorknob.
- Keep elbow in toward body.



End Position

- Bring fist toward shoulder but remember to keep elbow down towards your side.



End Position

- Pull band across stomach.
- Slowly return to start position.

Reference

www.thera-bandacademy.com

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