



# Using a Theraband

These exercises using a theraband will help increase your strength for your daily living skills and prevent further injuries to your upper body.

Do each of these exercises:

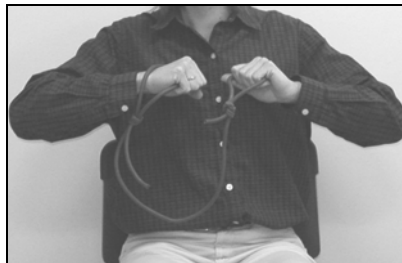
\_\_\_\_\_ times

\_\_\_\_\_ times a day

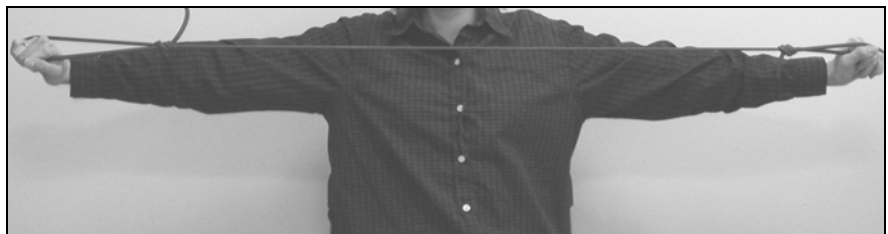
### Exercise #1

#### Shoulder Horizontal Abduction and Adduction

- Hold an end of the theraband in each hand.
- Place your hands together at chest level. Also keep your elbows at chest level.
- Pull your hands out to the sides, straightening your elbows.



Beginning



End

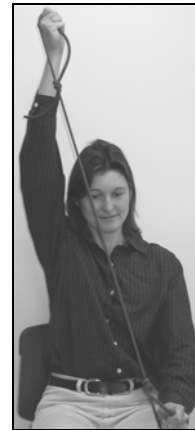
**Exercise #2**

**Shoulder Flexion**

- Hold an end of the theraband in each hand. Place your hands together on your lap.
- Keeping one hand in your lap, pull the other hand above your head, until your elbow straightens.
- Repeat with the other hand.



Beginning



End

**Exercise #3**

**Elbow Flexion**

- Fold the theraband in half to shorten it. Hold one end in each hand.
- Place your hands together on your lap.
- Keeping 1 hand on your lap, touch your shoulder with other hand. Be sure to keep your elbow at your side as you do this.
- Repeat with the other hand.



Beginning



End

## Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns. UWMC clinic staff are also available to help.

Occupational Therapy:

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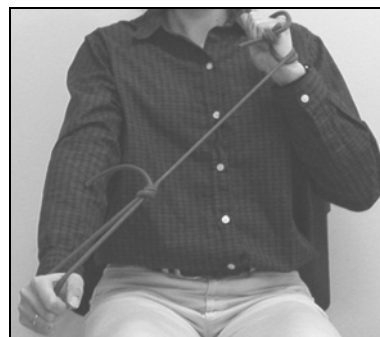
### Exercise #4

#### Elbow Extension

- Keep the theraband short.
- Place your hands together at chest level, keeping your elbows at your sides.
- Keeping 1 hand at your chest, pull straight down with the other.
- Repeat with the other hand.



Beginning

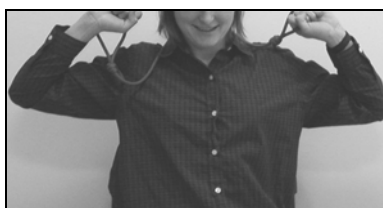


End

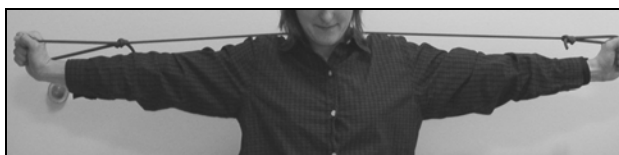
### Exercise #5

#### Elbow Extension in Adduction

- Unfold the theraband and hold one end in each hand.
- Place your hands by the sides of your head, with the theraband behind your head.
- Pull your hands out to the sides, keeping your arms at shoulder level.



Beginning



End

UNIVERSITY OF WASHINGTON  
**MEDICAL CENTER**  
UW Medicine

**Occupational Therapy**

Box 356490

1959 N.E. Pacific St. Seattle, WA 98195