

Upper Extremity Theraband Exercises - Sitting

1. Chest Pull

- Sit or stand with your feet shoulder-width apart.
- Loop theraband around each palm. Put your arms in front of your body with elbows slightly bent.
- Pull theraband outwards, across your chest.
- Hold for 3 seconds.
- Slowly return to starting position.
- Repeat 10 times.



2. Shoulder Flexion

- Sit or stand with theraband held at hip or waist height.
- Point your thumb toward the ceiling.
- With your elbow straight, raise hand toward ceiling.
- Hold for 3 seconds.
- Slowly return to starting position.
- Repeat 10 times.



3. Shoulder Diagonals

- Sit or stand with theraband at hip or waist level.
- Pull theraband from opposite hip up toward the ceiling on a diagonal.
- Hold for 3 seconds.
- Slowly return to starting position.
- Repeat 10 times.



4. Elbow Flexion

- Sit in a chair.
- Securely step on one end of the theraband.
- Bend your elbow up toward your shoulder.
- Hold for 3 seconds.
- Slowly return to starting position.
- Repeat 10 times.



5. Elbow Extension

- Sit in a chair without arm rests.
- Elbow is bent with your palm downward.
- Hold theraband at waist level.
- Straighten your elbow.
- Hold for 3 seconds.
- Slowly return to starting position.
- Repeat 10 times.



The information presented is intended for general information and educational purposes. It is not intended to replace the advice of your health care provider. Contact your health care provider if you believe you have a health problem.