Upper Extremity Dumbbell Home Exercise Program

1. Supine Dumbbell Fly
Lie on back with feet flat on the floor.
Position head, shoulders, and buttocks flat on bench.
With shoulders flexed to 90º, grasp dumbbells.
Dumbbells should face each other.
Move dumbbells outward in a wide arch fashion,
while keeping the elbows slightly bent.
Keep lowering dumbbells until elbows are level with the body.
Return to the start position.

Perform ____ sets of ____ reps, ____ times/day
Progress to ____ sets of ____ reps, ____ times/day

2. Incline Dumbbell Bench Press
Lie on a bench that is on a 45º incline.
Keep feet flat on the floor and your back pressed flat on the bench.
Start with your shoulders flexed to 90º.
Your hands are holding the dumbbells in a palm down position.
Bend elbows downward until your elbows are level with your body.
Return to start position.

Perform ____ sets of ____ reps, ____ times/day
Progress to ____ sets of ____ reps, ____ times/day

3. Side-Lying External Rotation
Lie on uninvolved side with the elbow on involved arm flexed 90º.
Place a small towel roll under elbow on involved side.
Set shoulder back against chest wall.
Raise involved hand from on table position to position of
being parallel to tabletop.
Lower slowly and repeat up toward ceiling.

Perform ____ sets of ____ reps, ____ times/day
Progress to ____ sets of ____ reps, ____ times/day
4. Side Lying Internal Rotation
With a pillow under head, lie on involved side with arm against side and elbow flexed 90º. Raise involved hand up, lower slowly and repeat.

Perform ____ sets of ____ reps, ____ times/day
Progress to ____ sets of ____ reps, ____ times/day

5. One Arm Row
Place your left knee on a bench with your left arm extended on the bench. Keep your back straight and your head facing the floor (tighten stomach muscles). The dumbbell is held in your right hand. Set your shoulder blade, and bend your elbow, bringing arm toward your body. Do not raise arm higher than your body. Repeat with opposite arm.

Perform ____ sets of ____ reps, ____ times/day
Progress to ____ sets of ____ reps, ____ times/day

This exercise can also be performed lying on your stomach as pictured to the right.

6. Hammer Bicep Curl
Stand or sit with shoulder blades set down and back. Keep stomach muscles tight and back straight. If you are standing, feet should be shoulder width apart and knees should be slightly flexed. Grasp dumbbells with palms facing your body. Raise one dumbbell by bending the elbow as pictured, then slowly lower dumbbell and repeat with opposite arm. Do not swing the dumbbell upward or jerk/bounce the dumbbell when the arm is extended.

Perform ____ sets of ____ reps, ____ times/day
Progress to ____ sets of ____ reps, ____ times/day
7. Bicep Curl with Supination
Stand or sit with shoulder blades set down and back.
Keep stomach muscles tight and back straight.
If you are standing, feet should be shoulder width apart
   and knees should be slightly flexed.
Grasp dumbbells with palms facing your body.
Raise one dumbbell turning the palm up as you bend the elbow,
   then slowly lower the dumbbell and repeat with opposite arm.
Do not swing the dumbbell upward or jerk/bounce the
dumbbell when the arm is extended.

Perform ____ sets of ____ reps, ____ times/day
Progress to ____ sets of ____ reps, ____ times/day

8. Overhead Tricep Press
Stand or sit with your arm overhead and the elbow bent
   to 90° as pictured.
Hold your arm just below the elbow with your opposite hand.
Slowly extend your elbow and return to the start position.
   (Do not lock your elbow)

Perform ____ sets of ____ reps, ____ times/day
Progress to ____ sets of ____ reps, ____ times/day

9. Tricep Kickback
Place your left knee on a bench with your
   left arm extended.
Keep your arm in line with your body.
Do not raise elbow above body.
Keep your back straight and your head facing the floor
   (tighten stomach muscles)
Set your right shoulder blade and begin with your right
   elbow bent at your side as pictured.
Slowly extend your right elbow (do not lock elbow)
   and lower to start position.
Your hand should face floor at end position.

Perform ____ sets of ____ reps, ____ times/day
Progress to ____ sets of ____ reps, ____ times/day
10. Shoulder Scaption, Flexion, Abduction
Stand with arms at your side and dumbbells in both hands, palms facing your side. Shoulder blades should be set down and back.
 a. Flexion - Raise arms directly to the front to shoulder level, lower slowly and repeat. (Thumb should point up)
 b. Scaption - Raise arms up to shoulder level at a 30º angle from the front as pictured. Slowly lower and repeat. (Thumb should point up)
 c. Abduction - Raise arms directly to the side to shoulder level, lower slowly and repeat. ___ palms face the floor. ___ thumbs point up.

Perform ____ sets of ____ reps, ____ times/day
Progress to ____ sets of ____ reps, ____ times/day

11. Reverse Dumbbell Fly
Sit at the end of a chair or bench with your trunk bent over your legs. Keep your back straight and your head facing the floor (tighten your stomach muscles).
Grasp the dumbbells with your palms facing each other.
Hold the dumbbells on either side of your knees with your elbows slightly bent as pictured.
Set your shoulder blades first.
Lift both arms out to the side at shoulder level, slowly lower arms to the start position, then relax shoulder blades.

Perform ____ sets of ____ reps, ____ times/day
Progress to ____ sets of ____ reps, ____ times/day

12. Dumbbell Overhead Press
Sit or stand with shoulder blades set down and back. Keep stomach muscles tight and back straight.
If you are standing, feet should be shoulder width apart and knees should be slightly flexed.
Grasp dumbbells with elbows bent and palms facing your body as pictured.
Lift both dumbbells over head, extending your elbow.
Slowly lower and repeat.
Do not lock elbow when it is overhead.

Perform ____ sets of ____ reps, ____ times/day
Progress to ____ sets of ____ reps, ____ times/day

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