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.