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.

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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.