

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.



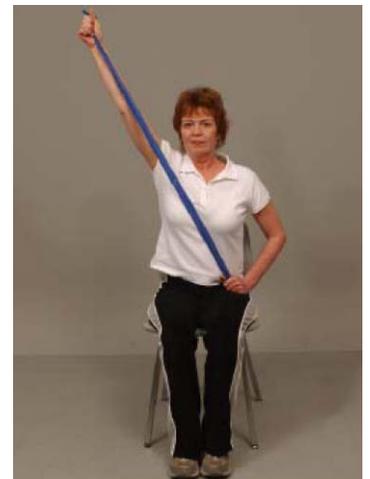
2. Shoulder Flexion

- 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.

