Thera-Band® Resistance Bands and Tubing Exercises

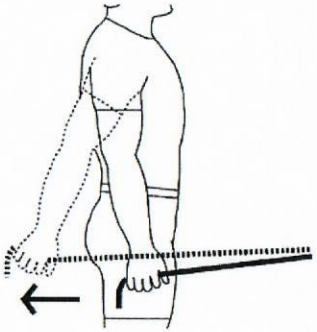
Shoulder

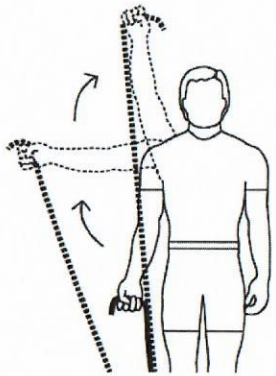
Shoulder Flexion*

- Stand on elastic.
- Begin with arm at side, elbow straight, thumb up.
- Grasp elastic.
- Raise arm in front over head, keeping elbow straight.
- Slowly return to starting position.

Shoulder Extension

- Secure elastic at waist level as shown.
- Grasp elastic and pull arm backwards keeping elbow straight.
- Slowly return to start position.





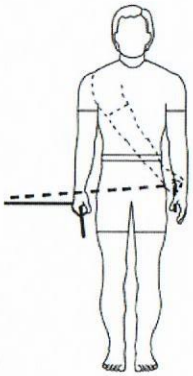
Shoulder Abduction*

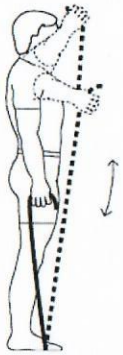
- Stand on elastic.
- Begin with arm at side, elbow straight, holding elastic, palm forward.
- Raise arm upward, out to side and over head.
- Slowly return to starting position.

Caution: User must wear suitable eye protection such as safety goggles during this exercise to protect against possibility of eye injury as a result of the band or tube snapping towards the face if grip is lost or if the band or tube breaks.

Shoulder Adduction

- Attach elastic to secure object at waist level.
- Grasp elastic in hand.
- Pull arm inward, keeping elbow straight.
- Slowly return to start position and repeat.



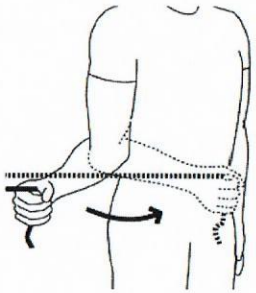


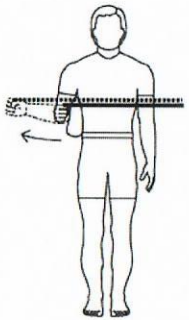
Scaption (Abduction in Scapular Plane)

- Stand on elastic.
- Begin with arm at side, elbow straight, holding elastic, thumb up.
- Raise arm in a position halfway between the front and side, over head.
- Slowly return to starting position.

Shoulder Internal Rotation

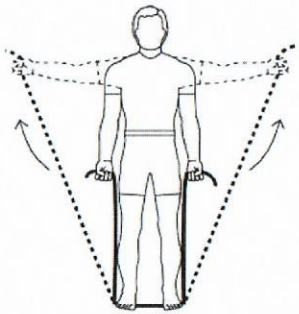
- Secure elastic at waist level.
- Sit or stand with involved side to elastic, elbow at 90 degrees, arm at side.
- Grasp elastic and pull hand inward, across body, as shown.
- Slowly return to start position and repeat.





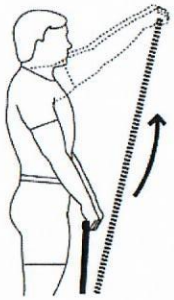
Shoulder External Rotation

- Attach elastic to secure object at waist level.
- Place pillow between elbow and body.
- Grasp elastic in hand, elbow bent to 90 degrees.
- Rotate arm outward and return.
- Slowly return to start position and repeat.



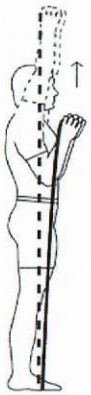
Lateral Raise

- Stand on elastic.
- Hold elastic in both hands.
- Begin with arms at sides.
- Position palms forward.
- Keep elbows straight and lift arms to shoulder level.
- Slowly lower and repeat.



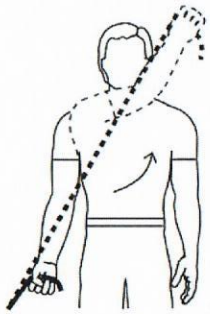
Front Raise*

- Secure elastic at waist level as shown.
- Grasp elastic and pull arm backwards keeping elbow straight.
- Slowly return to start position.



Overhead Press*

- Stand on elastic.
- Grasp elastic in hands, arms at side, elbows bent, as shown.
- Push arms up and overhead.
- Slowly return to start position and repeat.



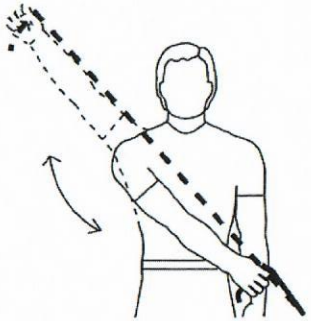
Shoulder Diagonal D1 Flexion*

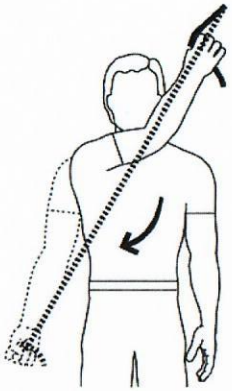
- Secure elastic to secure object at floor level.
- Sit or stand, arm at side.
- Grasp elastic in hand, palm forward.
- Lift arm upward and across body to opposite shoulder, bending elbow, ending with palm inward.
- Slowly return to start position and repeat.

**Caution: User must wear suitable eye protection such as safety goggles during this exercise to protect against possibility of eye injury as a result of the band or tube snapping towards the face if grip is lost or if the band or tube breaks.*

Shoulder Diagonal D2 Flexion*

- Attach elastic to secure object at floor level.
- Begin with arm crossed over trunk, holding elastic, palm inward, at opposite hip.
- Raise arm up and diagonally across, ending with palm facing forward.
- Slowly return to start position and repeat.



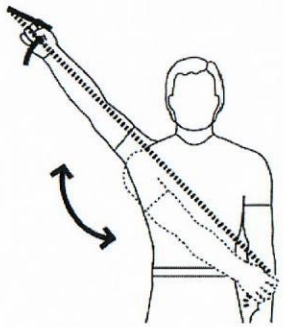


Shoulder Diagonal D1 Extension*

- Attach elastic to secure object as shown.
- Grasp elastic with hand at opposite shoulder, palm inward.
- Pull arm down and across body, ending in palm outward.
- Slowly return to start position and repeat.

Shoulder Diagonal D2 Extension*

- Attach elastic to secure object above head level.
- Begin with arm up and out from side as shown.
- Grasp elastic, palm forward and pull down and across.
- End with hand at opposite hip, palm inward.
- Slowly return to start position and repeat.



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