

Arm Theraband Exercises: Lying

Do these exercises while lying in bed, holding one end of the theraband in each hand. Be sure to breathe as you do these exercises. Do the exercises with slow, steady motions for the best results.

Exercises should be done _____ times each day. Repeat each exercise _____ times.

Do these exercises with: Right arm Left arm Both arms

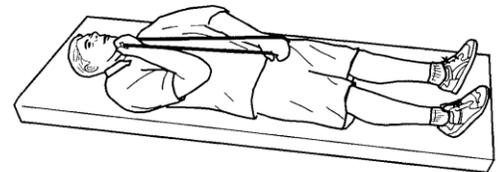
If you are to use your right or left arm only, you may tie the theraband to the bed or hold the theraband in the other hand as an anchor.

- With both arms straight, holding the theraband, place one hand across to the opposite arm to anchor the band.

Slowly bend your other arm at the elbow, bringing your hand to your shoulder.

Straighten your elbow slowly, back to the start.

Relax and repeat.

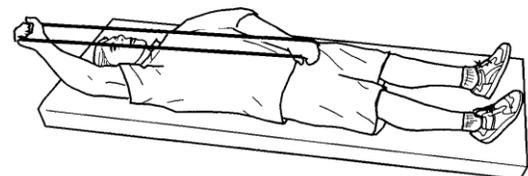


- With both arms straight, holding the theraband, place one hand across to the opposite arm to anchor the band.

Keeping your arm straight, slowly raise your other arm up over your head, stretching the band.

Hold and then slowly bring your arm back down to your side, keeping the arm straight.

Relax and repeat.

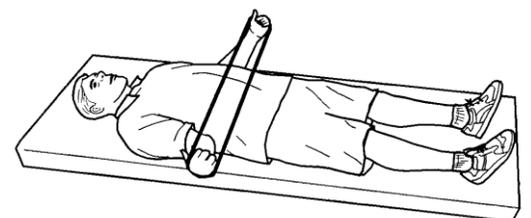


- Holding the band, bend your arms to 90 degrees, keeping your elbows in by your sides.

Slowly pull your hands away from each other, stretching the band between them. Be sure your elbows stay by your sides.

Hold, then slowly bring your hands back in.

Relax and repeat.

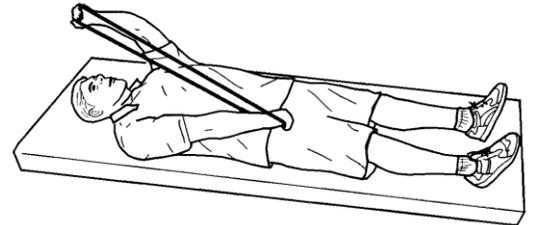
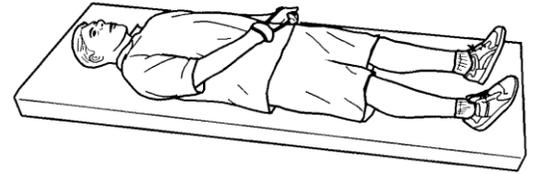


- ❑ With both arms straight, holding the theraband, place one hand across to the opposite arm. Anchor the band in the hand of the straight arm by your side.

Bring the straight arm from the opposite leg, across your body and stretch the band up over your head and away from your body. Your thumb will be pointed towards the bed.

Hold and then slowly bring the arm back down and across your body to the starting point.

Relax and repeat.



- ❑ Lie on your side with your exercising arm up.

Holding the band in your hands, place your lower arm by your waist or chin, whichever is most comfortable for you. This arm will anchor the band.

Start with the other arm bent at the elbow and slowly straighten the arm, pulling the band. You should feel this work the back of your arm.

Hold and then slowly bend your arm back down.

Relax and repeat.

