

Scapular, Shoulder and Elbow Theraband Exercises

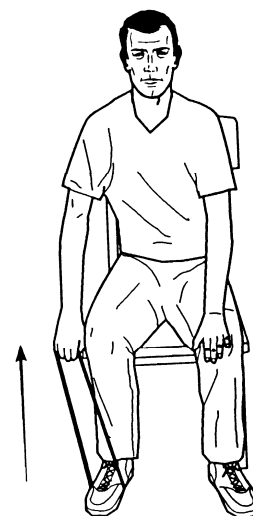
- These Theraband Exercises will help improve your strength and endurance. Your therapist will show you how and where to attach the band to get the most benefit during exercise.
- Do only those exercises checked by your therapist. Sit or stand as shown. Adjust the tension by tying the band in a large or small loop. Holding it closer to or farther away from where the band is attached also changes the tension.

Repeat each exercise _____ times for _____ times a day.

Theraband resistance: yellow red green
 blue black silver

Scapular Elevation:

Fasten the Theraband to the bottom of a table or chair or under your foot. Keep your arm straight down to your side and shrug your shoulder upward.

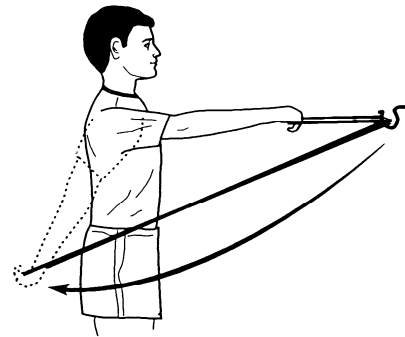


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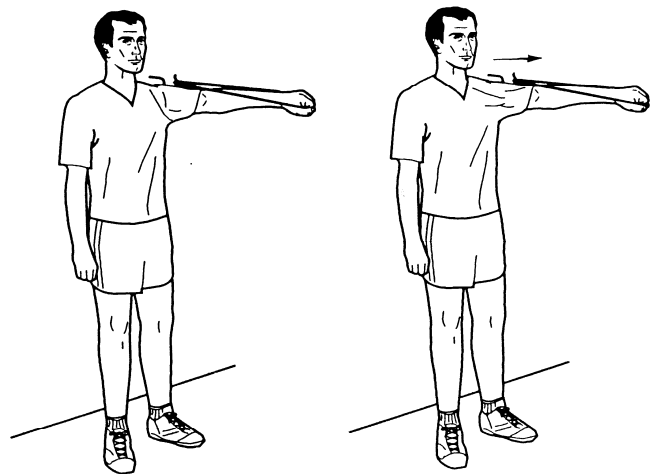
❑ Scapular Retraction:

Fasten the Theraband to a doorknob and face the door. Grasp the band with your arm straight in front of you. Move your shoulder back while your arm stays straight.



❑ Scapular Protraction:

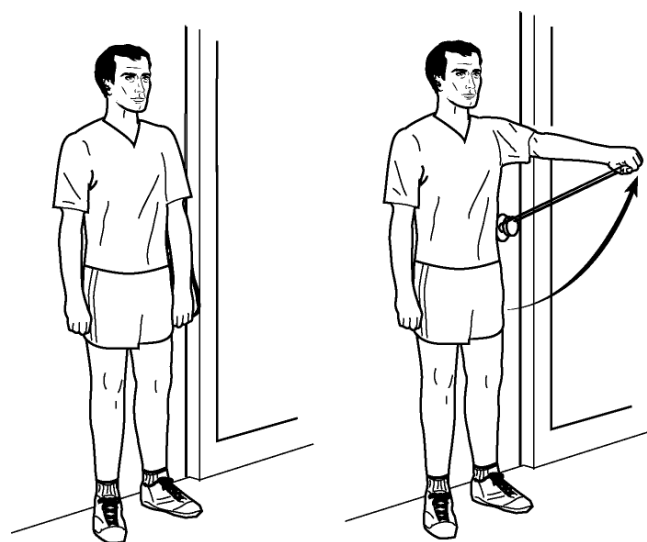
Attach the band to a doorknob. With your back toward the door, grasp the band with your arm straight forward. Move your shoulder forward while your arm stays straight.



❑ Shoulder Flexion:

Attach the band to a doorknob. With your back toward the door start with your arm at your side. Pull your arm forward and up in front of you.

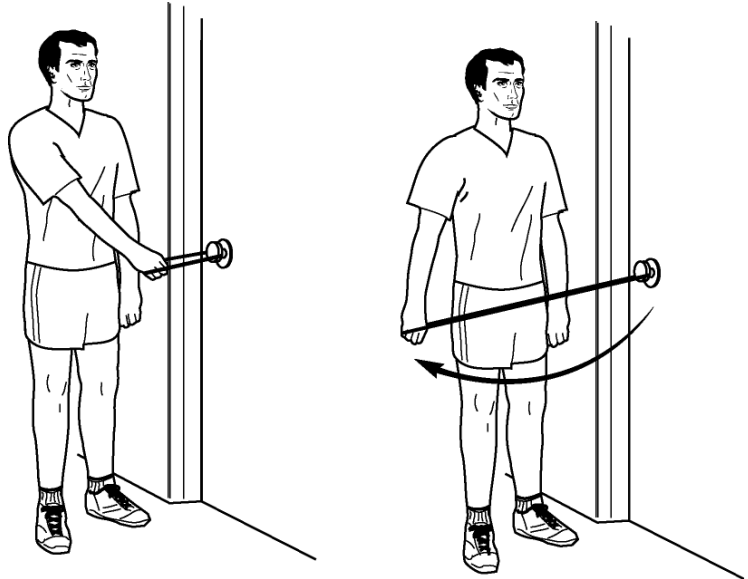
- palm facing up
- thumb up position



☐ Shoulder Abduction:

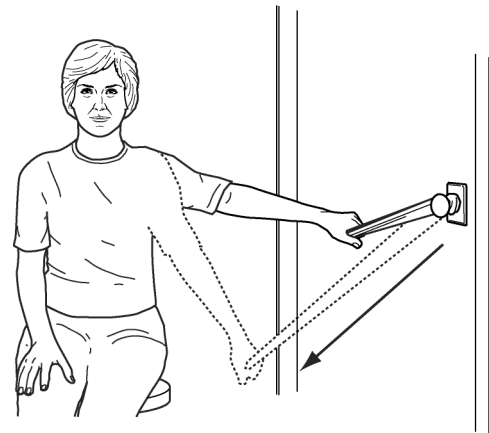
Start with your arm across your body holding on to the band near the doorknob. Pull your arm directly out to the side, keeping your arm straight.

- ☐ palm facing up
- ☐ thumb up position



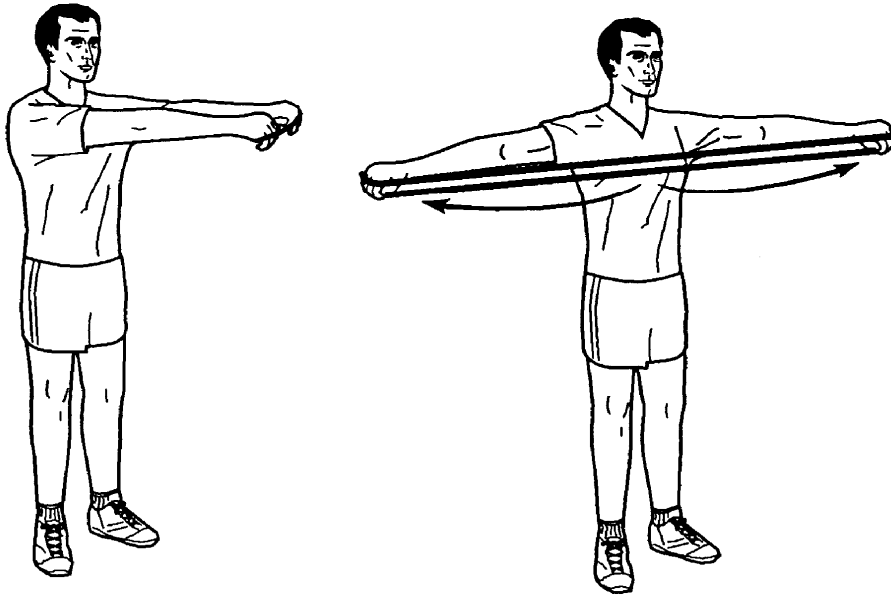
☐ Shoulder Adduction:

Keep the Theraband at waist level. Start with your arm out to your side, and keep your elbow straight or bent. Pull your arm in to your side. Do not twist at the waist.



□ Scapular Chest Pulls:

Grasp the Theraband in both hands or loop it over your hands. Stretch the band out to the sides with both your hands.



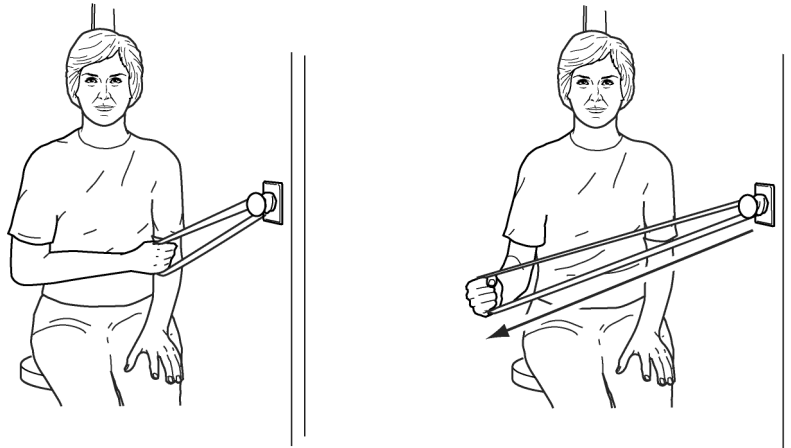
□ Scapular Pull Downs:

Attach the Theraband over your head. With your arms over your head, pull the band out to the sides and down, so your elbows are bent at your sides.



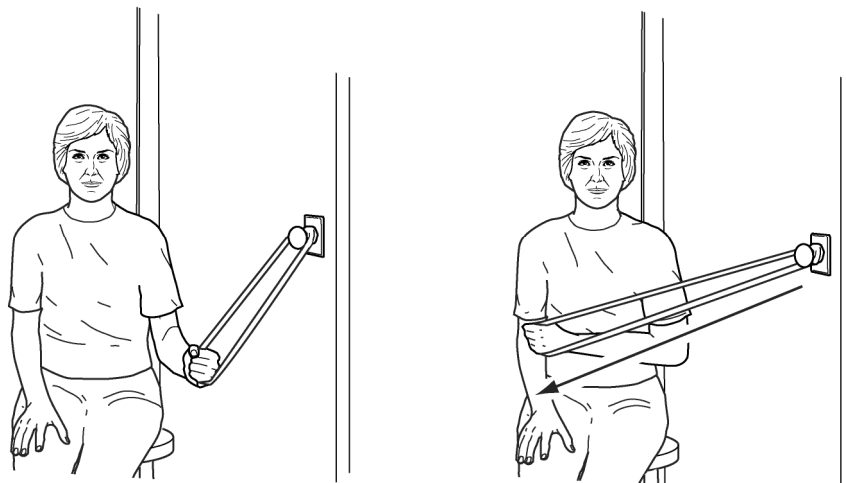
□ Shoulder External Rotation:

Keep the Theraband at waist level. Use the arm farthest from the band and keep your elbow in at your side. Turn your arm outward away from your body. Keep your forearm parallel to the floor.



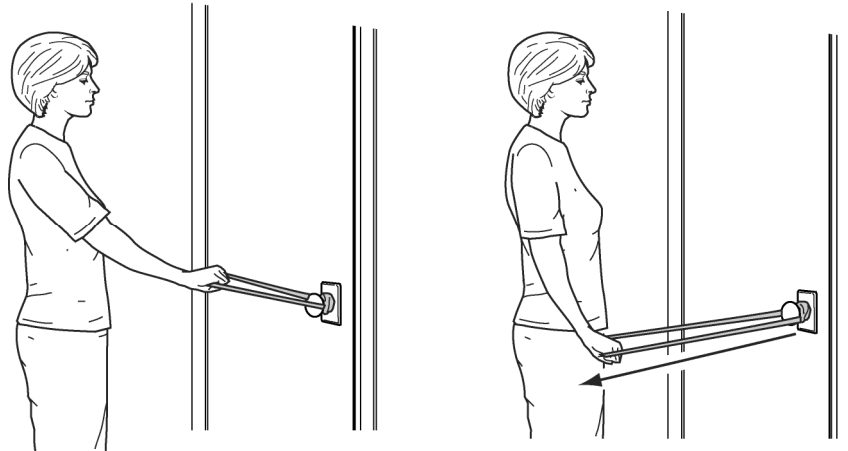
□ Shoulder Internal Rotation:

Keep the Theraband at waist level. Use the arm next to the band and keep your elbow in at your side. Turn your arm inward across your body. Keep your forearm parallel to the floor.



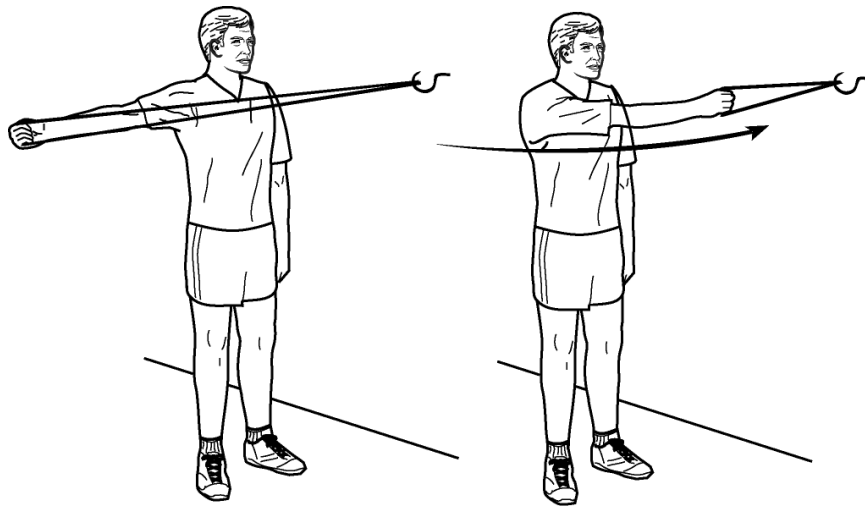
☐ Shoulder Extension:

Keep the Theraband at waist level. Start with your arm forward, and keep your elbow straight. Pull your arm back as far as possible.



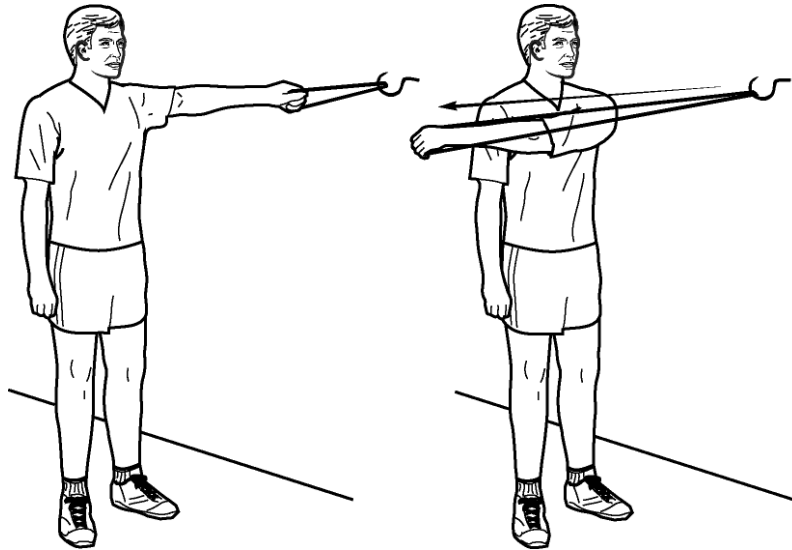
☐ Shoulder Horizontal Abduction:

Raise your arm to shoulder level, parallel to the floor, with your elbow straight or slightly bent. Pull your arm across your body.



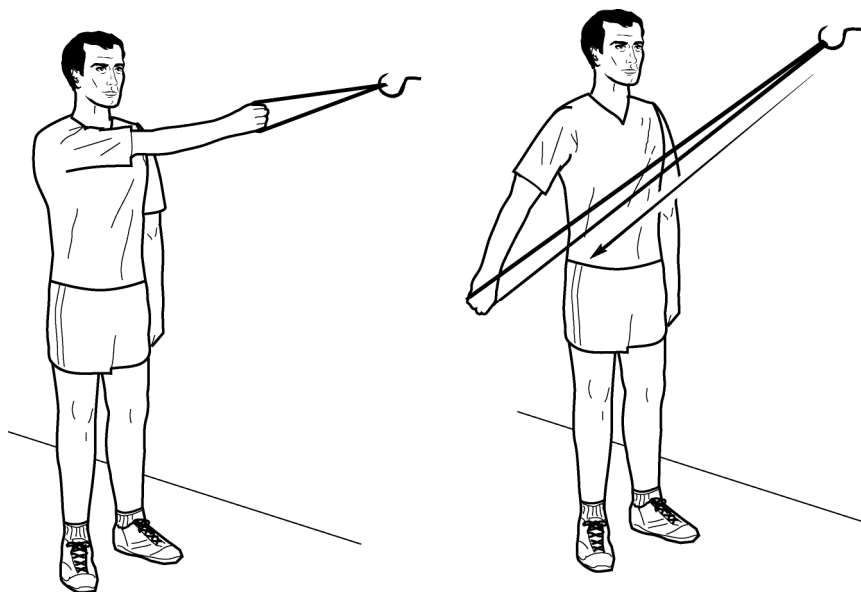
☐ Shoulder Horizontal Adduction:

Start with your arm out to the side at shoulder level and parallel to the floor. Pull your arm across your body, bending your elbow if needed.



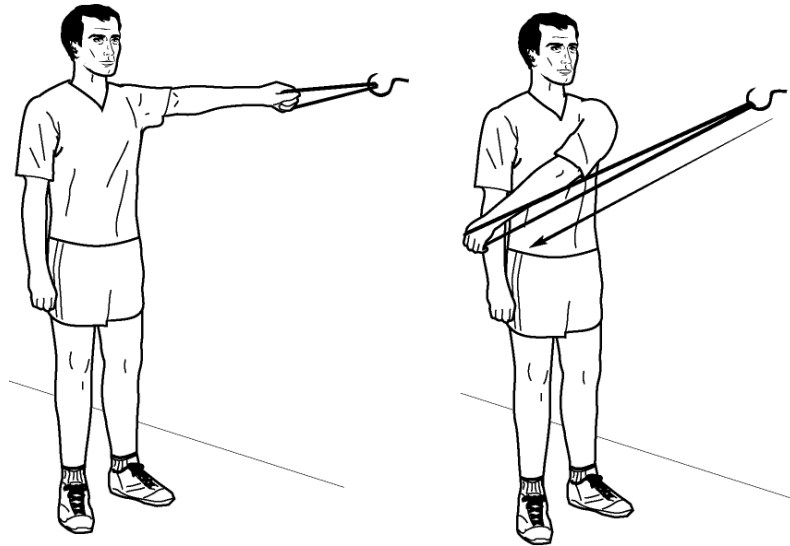
☐ Diagonal Extension #1:

Put the Theraband above shoulder level. Pull in a downward motion across your body to the opposite side.



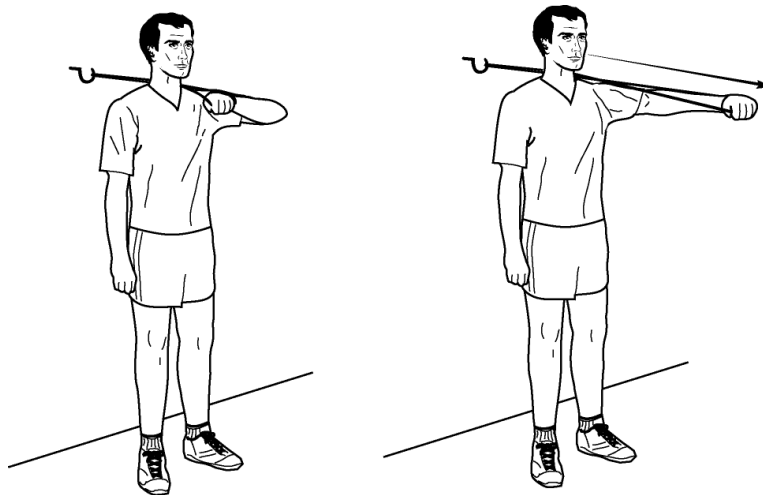
□ **Diagonal Extension #2:**

Grasp the Theraband with your arm at shoulder level, and out to your side. Bring your arm down and across your body to the opposite side.



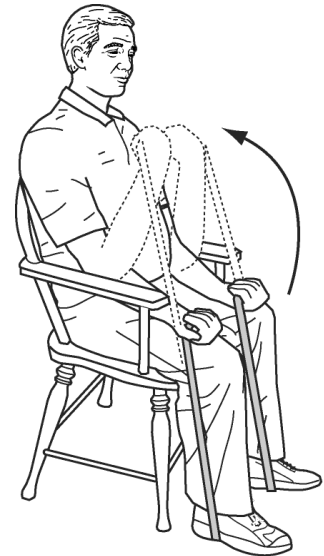
□ **Forward Thrust:**

With your back toward the Theraband at shoulder level, grasp the band behind your shoulder. Pull it forward, straightening your arm.



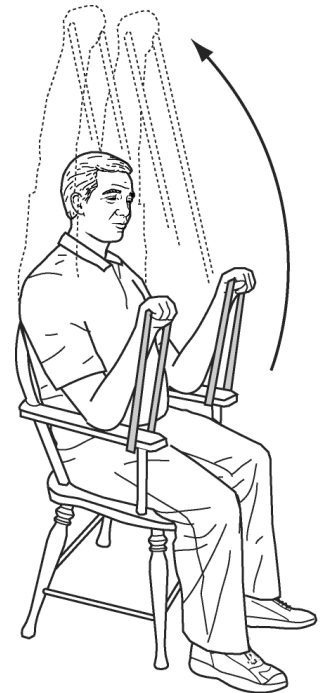
□ Elbow Flexion:

Place the Theraband under your feet and pull toward your shoulders.



□ Elbow Extension:

Place the Theraband under the arms of a chair and push up toward the ceiling.



✦ Talk to your doctor or others on your health care team if you have questions. You may request more written information from the Library for Health Information at (614) 293-3707 or email: health-info@osu.edu.