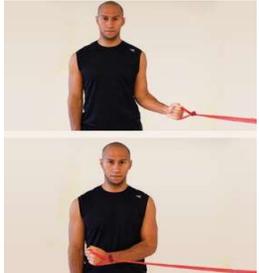
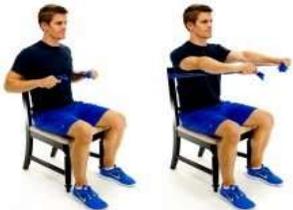
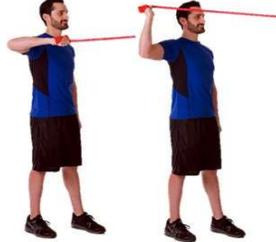
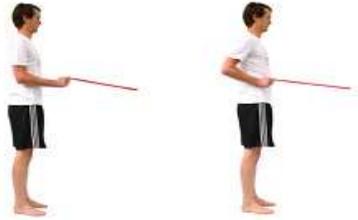


Thera-Band Shoulders and Elbows Exercises

Activity		KCPS	Reps
Shoulder Flexion		<p>Instructions:</p> <p>Slowly bring your arms forwards as high as feel comfortable, keeping your shoulder blade drawn back slightly. Hold for 3 seconds and then slowly lower the arm back down – you may well find it harder to control the movement on the way back down</p>	Repeat 15 to 20 times
Shoulder Abduction		<p>Instructions:</p> <p>Slowly take your arm out to the side, leading with your thumb, as high as feels comfortable (keeping your shoulder blade drawn back). Hold for 3 seconds and slowly lower</p>	Repeat 15 to 20 times
External Rotation		<p>Instructions:</p> <p>Slowly twist your forearm out to the side, pulling the band as far as comfortable. Make sure you keep your wrist stable, don't let it flex or twist. Hold for 3 seconds and slowly bring your hand back in</p>	Repeat 15 to 20 times
Internal Rotation		<p>Instructions:</p> <p>Slowly bring your hand/forearm in across your body as far as comfortable. Make sure you keep your wrist stable, don't let it flex or twist. Hold for 3 seconds and slowly bring your hand back out</p>	Repeat 15 to 20 times
Shoulder Extension		<p>Instructions:</p> <p>Slowly draw your arm down, leading with your little finger aiming to take your arm back behind you. Hold for 3 seconds and slowly let the arm come back to the starting position</p>	Repeat 15 to 20 times

<p>Chest Press</p>		<p>Instructions:</p> <p>Slowly push your arms forwards to straighten your elbows so you are reaching out in front with your hands at shoulder height (keep your shoulder blades drawn back throughout). Hold for 3 seconds and slowly bring your arms back in</p>	<p>Repeat 15 to 20 times</p>
<p>Shoulder retraction</p>		<p>Instructions:</p> <p>Hang theraband over a door handle and take hold of either end, palms forwards, elbows straight, pressing towards the floor. Pull back and hold 5 secs.</p>	<p>Repeat 15 to 20 times</p>
<p>Shoulder External Rotation at 90</p>		<p>Instructions:</p> <p>Pull the band away from the wall, rotating your forearm backward. Be sure to keep your upper arm parallel to the ground, your elbow at shoulder level, and your wrist straight. TIP: Don't let your elbow drop below shoulder level. Keep elbow bent at 90 degrees; don't extend your elbow to complete the motion.</p>	<p>Repeat 15 to 20 times</p>
<p>Shoulder Internal Rotation at 90 degrees</p>		<p>Instructions:</p> <p>Begin with one end of the band securely attached behind you at shoulder-height. Grasp the other end of the band with tension. Pull the band away from the wall, rotating your forearm inward. Be sure to keep your upper arm parallel to the ground, your elbow at shoulder level, and your wrist straight. TIP: Don't let your elbow drop below shoulder level. Keep elbow bent at 90 degrees; don't extend your elbow to complete the motion.</p>	<p>Repeat 15 to 20 times</p>
<p>Rowing</p>		<p>Instructions:</p> <p>Slowly draw your arms back, bending your elbow in a rowing action, aiming to get your hands at the side of your chest, just below your shoulders. Hold for 3 seconds and slowly let the arms come forwards to the starting position</p>	<p>Repeat 15 to 20 times</p>