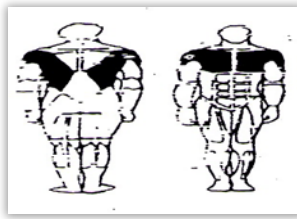


## Coker Rehab Services

### Tips for Using Thera-Band Resistive Exerciser

- When trying Thera-Band, use a bow or knot. Trying a half bow is recommended, leaving one long end of the loop. Always make sure that knot is secure before exercising. Thera-Band is easy to untie.
- Protect your Thera-Band by keeping it away from sharp objects. Remove rings before using. Beware of long, sharp fingernails.
- When exercising, try to maintain a natural width whenever possible. This will prevent Thera-Band from sliding up the legs or digging into hands.
- Men particularly should wear long socks to help keep Thera-Band from pulling at leg hair.
- Store your Thera-Band in a box or hang it in a dark area. DO NOT store on direct sunlight.
- When performing your exercise program, work the muscles throughout the full range of motion. Do not lock the joints.
- Breathe evenly while performing exercises. Exhale during the first or most different phase. DO NOT HOLD YOUR BREATH.
- Control your movements when using Thera-Band. Do not allow the limbs to move freely or sloppily. Resist the Thera-Band.
- With standing exercises, *body alignment is critical*. Square the shoulders contract the abdominals, and relax the knees. Maintain good posture throughout the exercise; *don't slouch*.

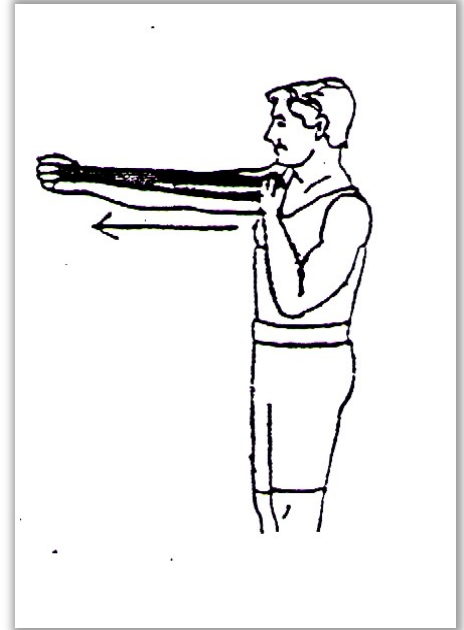


## Shoulder Exercises

### Punching Exercise

- Sit or stand with feet shoulder-width apart
- Grip Thera-Band with fist of one hand
- Hold the other end of Thera-Band at shoulder
- Punch straight forward with fist
- Hold
- Bring fist back to chest

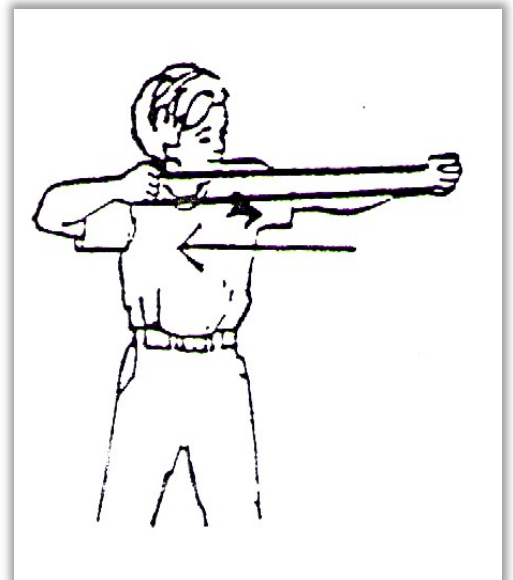
Repetitions \_\_\_\_\_ Sets \_\_\_\_\_

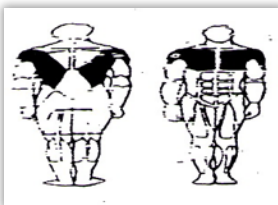


### Bow and Arrow Exercise

- Sit or stand with feet shoulder-width apart
- Hold one arm straight out to one side with Thera-Band in fist
- With the other hand pull back on Thera-Band hold
- Return to start position

Repetition \_\_\_\_\_ Sets \_\_\_\_\_





## Shoulder Exercises

### Shoulder Flexion

- Sit or stand on firm surface
- Hold Thera-Band at waist level
- Point toward ceiling
- With elbow straight, raise one hand toward ceiling
- Hold
- Return to start position

Repetitions \_\_\_\_\_ Sets \_\_\_\_\_

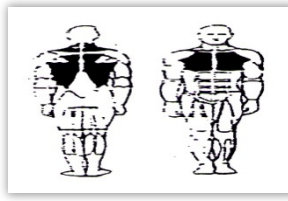


### Shoulder Abduction

- Sit or stand on firm surface
- Hold Thera-Band at waist level
- Point thumb toward ceiling
- With elbow straight, raise arm up, from side of body
- Hold
- Return to start position

Repetitions \_\_\_\_\_ Sets \_\_\_\_\_



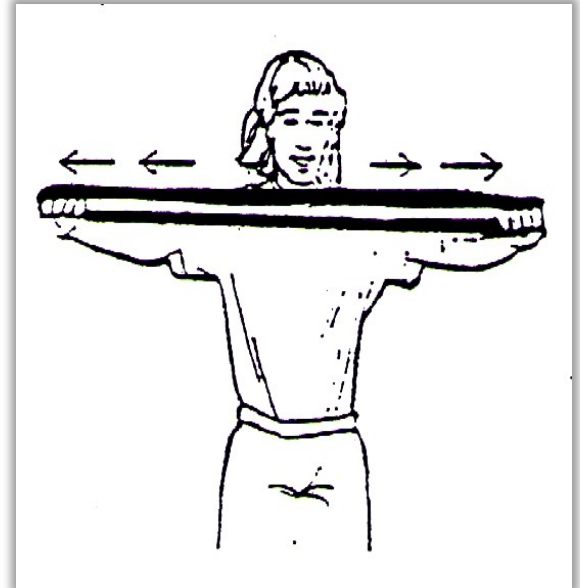


## Chest and Upper Back Exercises

### Chest Pull Exercise

- Sit with feet shoulder-width apart
- Hold Thera-Band in each hand, arms in front of body with elbows slightly bent
- Pull Thera-Band outwards, across chest
- Hold
- Return to start position

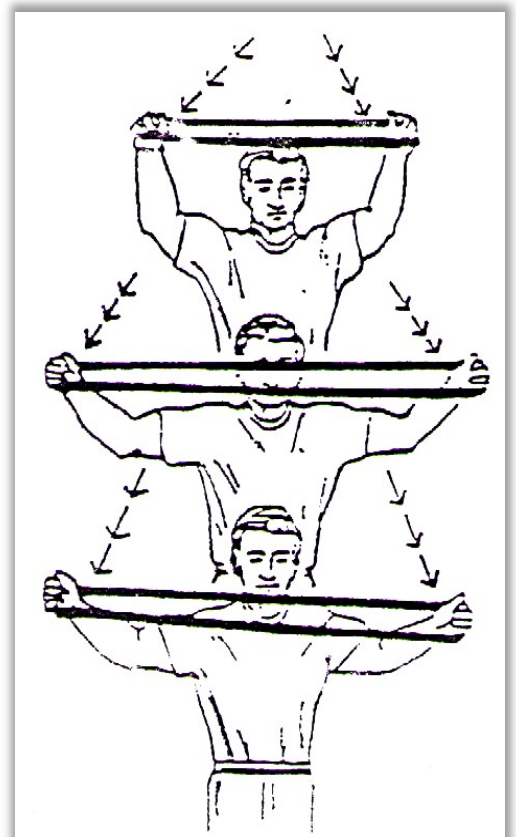
Repetitions \_\_\_\_\_ Sets \_\_\_\_\_

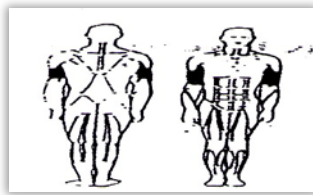


### Back Pull Down Exercise

- Sit with feet shoulder-width apart
- Hold Thera-Band in each hand with your arms stretched over your head, elbows slightly bent
- Lower arms outwards to shoulder height
- Hold
- Return to start position

Repetitions \_\_\_\_\_ Sets \_\_\_\_\_





## Elbow Exercises

### Elbow Extension

- Sit in chair
- Hold Thera-Band in one hand with palm face down and elbow bent
- Hold the other end of Thera-Band at shoulder
- Straighten elbow
- Hold
- Return to start position

Repetitions \_\_\_\_\_ Sets \_\_\_\_\_



### Elbow Flexion

- Sit in chair
- Hold Thera-Band in fist with palm face up
- With your other arm hold the other end of the Thera-Band at knee level
- Bend elbow towards chest
- Hold
- Return to start

Repetition \_\_\_\_\_ Sets \_\_\_\_\_



