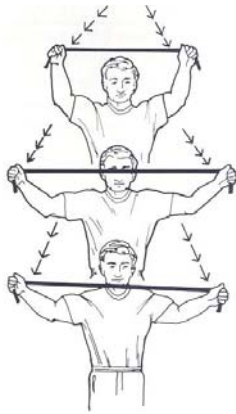
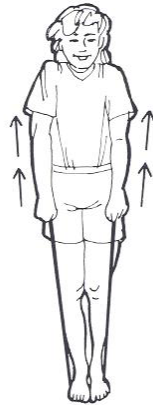


Activities for Elastic Bands



Back Pull Down

- sit or stand with feet shoulder width apart
- loop band around each palm
- raise arms overhead, elbows slightly bent
- lower arms outward to shoulder height
- hold, slowly return to start position



Scapular Elevation

- stand with band under both feet
- shrug shoulders towards ceiling
- hold, slowly return to start position

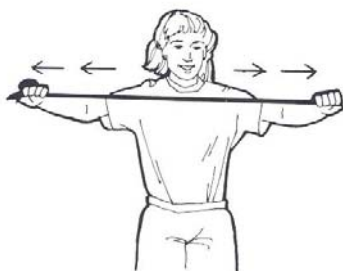


Shoulder Abduction

- stand or sit on firm surface, band held at hip or waist height
- point thumb toward ceiling
- elbow straight, raise arm up, from side of body
- hold, slowly return to start position

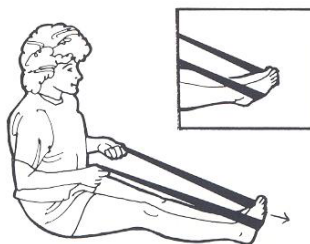
Tips:

- ✓ Use bow or knot to tie band. Tie a half bow leaving one long end for the loop. Be sure knot is secure before exercising. Band is easy to untie.
- ✓ Try to maintain the natural width of the band whenever possible. This reduces sliding up the legs or digging into the hands.
- ✓ Men in particular should wear long socks to help keep the band from pulling leg hair.
- ✓ Work muscles throughout the full range of motion. Do not lock joints.
- ✓ Breathe evenly. Exhale during first or most difficult phase. Do not hold your breath.
- ✓ Control your movements. Do not allow limbs to move freely or loosely. Resist the band.
- ✓ When standing, body alignment is critical. Square the shoulders, contract abdomen muscles, and relax the knees.



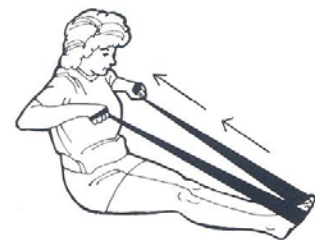
Chest Pull

- sit or stand with feet shoulder width apart
- loop band around each palm
- extend arms forward, elbows slightly bent
- pull band outwards across chest
- hold, slowly return to start



Plantar Flexion

- sit on firm surface, legs in front of body
- loop band under the balls of the feet, toes toward ceiling
- point toes toward floor
- hold, slowly return to start



Seated Row

- sit on firm surface, legs in front of body
- loop band under both feet, hold band ends with elbows straight
- pull arms/elbows back with arms close to sides
- hold, slowly return to start position



Upright Row

- position one foot in front of the other
- stand on the end of the band with the forward foot
- hold end of band with opposite hand, palm down, close to side
- raise elbow to shoulder height, upper arm parallel to floor
- hold, slowly return to start position



Knee Flexion

- lie on stomach, upper body propped on arms or pillow
- loop band around both ankles or tie to bed frame
- bend at one knee
- hold, slowly return to start position



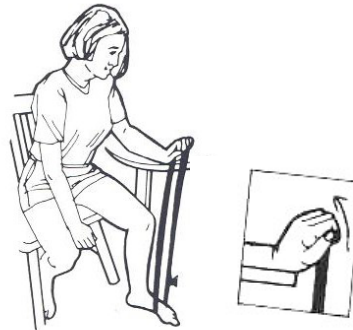
Elbow Flexion

- sit in chair, palms up
- tie band at knee level
- bend elbow
- hold, slowly return to start



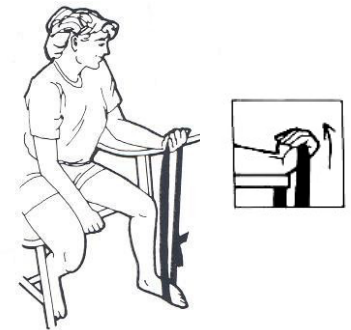
Elbow Extension

- sit in arm chair, palms down, elbows bent
- tie band at chair arm level
- straighten elbow
- hold, slowly return to start



Wrist Extension

- sit with forearm on chair arm or table, wrist over edge, palm down
- stabilize other end of band under foot
- raise hand up as far as possible
- hold, slowly return to start



Wrist Flexion

- sit with forearm on chair arm or table, wrist over edge, palm up
- stabilize other end of band under foot
- raise hand up as far as possible
- hold, slowly return to start



Hip Abduction

- sit on firm surface, band around thighs near knees
- lift one leg slightly and pull away from other leg
- hold, slowly return to start position

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