



exercises programs

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**Thera-Band Upper Back Exercises:** These exercises help strengthen the upper back

Use a Thera-Band resistance level that allows you to complete between 8 and 12 repetitions for 2 to 3 sets. If you are rehabilitating an injury, be sure and check with your healthcare provider for the appropriate resistance and repetitions.



#### **Thera-Band Shoulder Seated Row (in long sitting)**

Sit on mat with legs extended forward. Securely wrap the middle of the band around your feet to prevent it from slipping. Grasp the ends of the bands with your arms extended in front of you. Pull the ends of the band toward your hips, bending your elbows. Hold and slowly return. TIP: Keep your knees and back straight.



#### **Thera-Band Shoulder Scapular Retraction (at 0°)**

Grasp the band between your hands with slight tension. Keep our elbows bent 90° and pinch your shoulder blades together. Hold & slowly return.



#### **Thera-Band Shoulder Reverse Flies**

Securely attach the middle of a long band or tubing in front of you at shoulder level. Grasp the other end of the band in front of you at shoulder level. Pull the bands outward and back. Hold & slowly return.

TIP: Keep your back and neck straight, and avoid leaning over.

VARIATION: Perform in sitting



### Thera-Band Shoulder Shrug

Stand on the middle of the band and grasp both ends by your side, taking up the slack. Keep your elbows straight and lift your shoulders upward. Hold and slowly return.

TIP: Avoid bending your elbows to complete the motion.



### Thera-Band Shoulder Lat Pull Down (standing)

Secure the middle of a long band or tubing to a stationary object above shoulder level, facing the attachment. Grasp the ends of the tubing above shoulder height with your elbows extended. Bend your elbows and bring your hands to your chest, pulling the bands down and back. Hold and slowly return.

TIP: Keep your back and neck straight.



### Thera-Band Shoulder Horizontal Abduction-unilateral (sitting on ball)

Securely attach one end of the band or tubing. Grasp the other end of the band in front of you at shoulder level. Keeping your elbow straight and arm parallel to the ground, pull the band outward and back. Hold & slowly return. Keep your back and neck straight, and avoid leaning over. VARIATION: perform sitting in chair or bench.




### Thera-Band Shoulder Bent Over Row

Begin with one leg slightly in front of the other. Stand on the end of the band with the front foot. Bend forward at the hips, keeping your back straight. Grasp end of band with elbow straight. Pull band upward by bending elbows, bringing your hand to your waist. Hold and slowly return.



### Thera-Band Shoulder Upright Row

Begin by standing in the middle of a long band, with one leg slightly in front of the other. Grasp both ends of the band at your waist and take up the slack. Pull the band upward toward your chin, lifting your elbows. Hold and slowly return. Keep your back straight.

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