

Upper Body Strength Program

Functional Band: Upper Body Function: This exercise routine helps improve strength and function associated with carrying, lifting, pulling, and pushing (daily functional activities).

Use a resistance level that allows you to complete 2 sets of between 10 and 15 repetitions to a point of moderate fatigue in the last repetition.



Thera-Band Elbow Extension (Kick Backs) in Standing

Stand with one foot slightly in front of the other. Begin by stepping on the middle of the band under your front foot. Bend your elbow and grasp the end of the band, taking up the slack. Keeping your shoulder extended and arm back, extend your elbow against the band. Hold and slowly return.

TIP: Keep your back straight and your elbow behind your body.



Thera-Band Elbow Flexion (Bilateral) in Standing

Wrap the middle of the band around both feet and grasp each end of the band with palms facing forward. Keep elbows at your side. Keeping wrists straight, bend elbow, bringing your hands to shoulders. Slowly return to the starting position.

TIP: Keep your back straight! Don't slouch or lean forward.



Thera-Band Shoulder Seated Row in Sitting

Extend your legs and wrap middle of band around feet. Be sure band is secure around feet and won't slip. Grasp both ends of band with elbows straight. Pull band upward and back, bending elbows. Slowly return to starting position.

TIP: Keep your knees and back straight.



Thera-Band Shoulder Overhead Press in Standing

Place center of the band securely under one or both feet, and grasp each end of the band with palms facing forward. Lift arms forward & upward, extending your elbows with palms facing forward. Slowly return to the starting position.

TIP: Keep your back and neck straight. Don't lift above your shoulders if it causes pain. Don't hold your breath. Relax between repetitions.



Thera-Band Shoulder Bench Press in Standing

Begin with band wrapped around your upper back. Grasp both ends of band with elbows bent and palms facing inward. Push band forward, extending your elbows to shoulder level. Slowly return to starting position.

TIP: Keep your back and neck straight. Don't shrug your shoulders. Don't hold your breath.