

# Seated Back Row



1. Sit with both your legs fully extended.
2. Start with both your arms extended out in front of your body.
  - a. **If you're using a towel:** Wrap the towel around your non-surgical leg (the leg that you did not have surgery on). Grip the towel tight, with your palms facing down.
  - b. **If you're not using a towel:** Hold your hands in tight fists, with your palms facing down.
3. **Slowly** pull your elbows backward and **squeeze your back at the end.**
  - a. **Try to touch your shoulder-blades together.**

Repeat for \_\_\_ repetitions and \_\_\_ total sets.

Scan the QR codes to watch video demonstrations of this exercise:



No equipment



Using a towel



Using a Theraband

Disclaimer: This document contains instructions for occupational and/or physical therapy exercises developed by University of Michigan Health. Your health care provider has determined that these exercises are beneficial to you based on your condition at this time. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan, including whether it is appropriate to continue doing these exercises should your condition change.

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