This program is used to improve upper body strength and range of motion. Many of the exercises focus on muscles of the shoulders, chest and upper back.

**General instructions:**
- Complete all exercises while seated in a chair with armrests unless instructed otherwise by your therapist.
- Keep movements slow, smooth and controlled so that your muscles do the work instead of the Thera-Band®.
- Repeat each exercise _______ times.
- Do _______ times a day.

**Exercise 1:**

1. **Raise Thera-Band® to shoulders**
2. **Stretch Thera-Band® tight at shoulder level**
Exercise 2:

1. Raise Thera-Band® overhead
2. Stretch Thera-Band® tight overhead

Exercise 3:

1. Place both hands near right hip
2. Keep left arm in place and raise right arm up

3. Repeat with other side
Exercise 4:

1. Place both hands near right hip
2. Keep right arm in place and move left arm up and across, keeping elbow straight
3. Repeat with other side

Exercise 5:

1. Place both hands on left knee
2. Keep right arm in place and pull left arm behind you
3. Repeat with other side
Exercise 6:

1. Place both hands on left knee
2. Keep right hand in place and pull left hand up to left shoulder

3. Repeat with other side

Exercise 7:

1. Place both hands on left shoulder
2. Place right hand in place and straighten left elbow in front of you

3. Repeat with other side
Disclaimer: This document contains information and/or instructional materials developed by Michigan Medicine for the typical patient with your condition. It may include links to online content that was not created by Michigan Medicine and for which Michigan Medicine does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

Reviewers: Bethany Lee-Lehner, RN, MSN
Tallat Nadeemullah, OT Clinical Specialist
Edited by: Karelyn Munro, BA

Patient Education by Michigan Medicine is licensed under a Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International Public License. Last Revised 10/2020