

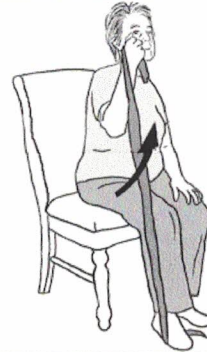
Occupational Therapy TOOLKIT

Resistance Band Arm Exercises

Elbow Flexion

Secure the resistance band under one foot. Grasp the band. Start with your hand at your knee. Bend your arm and pull the band up towards your shoulder.

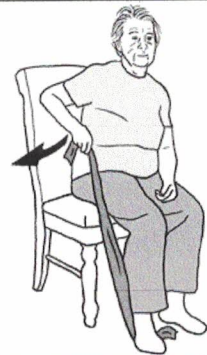
Complete 2 set(s) of 10 .
Repeat with the other arm.



Elbow Extension

Secure the resistance band under one foot. Grasp the band with your hand. Start with your elbow bent. Straighten your arm, pulling the band back.

Complete 2 set(s) of 10 .
Repeat with the other arm.



Shoulder Flexion

Secure the resistance band under both feet. Grasp the band with both hands. Keep your elbows straight. Lift your arms pulling the band up in front.

Complete 2 set(s) of 10 .



Shoulder Extension

Secure the resistance band under one foot. Grasp the band with your hand. Start with your hand down at your side. Keeping the elbow straight. Lift the arm back, pulling the band behind you.

Complete 2 set(s) of 10 .
Repeat with the other arm.



Occupational Therapy TOOLKIT

Resistance Band Arm Exercises

Shoulder Abduction

Secure the resistance band under one foot. Grasp the band with your hand. Start with your hand down at your side. Keeping the elbow straight. Pull the band up to the side.

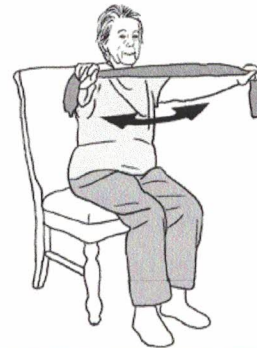
Complete 2 set(s) of 10.
Repeat with the other arm.



Horizontal Abduction

Hold the resistance band between your hands at shoulder height. Pull the band out to the sides.

Complete 2 set(s) of 10.



Diagonal Up

Hold the resistance band between your hands, shoulder distance apart. Hold one arm down to the side and pull the band with the other arm up with a diagonal motion.

Complete 2 set(s) of 10.
Repeat with the other arm.



Diagonal Down

Hold the resistance band between your hands, shoulder distance apart. Hold one arm bend and pull the band with the other arm down with a diagonal motion.

Complete 2 set(s) of 10.
Repeat with the other arm.

