

# West Hertfordshire Hospitals NHS Trust



West Hertfordshire  
Teaching Hospitals  
NHS Trust

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# A guide to...

# Theraband Exercises

If you need this leaflet in another language, large print, Braille or audio version, please call **01923 217 187** or email [westherts.pals@nhs.net](mailto:westherts.pals@nhs.net)



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**Watford General Hospital  
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Exercising with a resistance band can help improve your strength and flexibility.

Resistance bands are large elastic bands that you can use to exercise all areas of the body. They can be good for people with limited mobility, as many of the exercises can be done while seated.

Please consult with your therapist for specific instructions before doing any of these exercises. If at any time you experience unusual pain or discomfort, stop immediately and consult with your physician.

DO NOT use Thera-Band if you have latex allergy.

#### General Suggestions

1. Drink water before and after your exercises
2. Complete all exercises while seated in a chair with armrests unless instructed otherwise by your therapist.
3. Keep movements slow, smooth and controlled so that your muscles do the work instead of the Thera-Band.
4. Adhere to all medical precautions including:

Repeats: Number of times the exercise is performed

Sets: Number of times the reps are done as total

### Resisted Dynamic Quadriceps

Starting position

Sit on a chair with one end of the band tied to the leg of the chair and another end tied to your right ankle firmly.



End Position

Kick the right leg out straight in front of you. Repeat the same on the other side.



Repeats \_\_\_\_\_

Theraband colour \_\_\_\_\_ Sets \_\_\_\_\_

## Resisted Shoulder Elevation

Starting position

Hold the band in both the hands with the band passing from underneath both the feet.



End Position

Pull the band up such that you are elevating your shoulders. Keep elbows straight.



Repeats \_\_\_\_ Theraband colour \_\_\_\_\_ Sets \_\_\_\_\_

## Resisted Internal and External Rotation

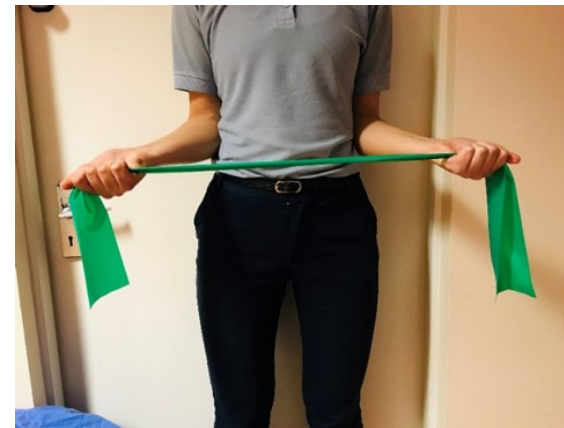
Starting position

Hold the band in both hands with palms facing upwards. Elbows to be locked against the waist



End position

Stretch the band out with both the hands keeping elbows to your side and hands perpendicular to the body.



Repeats \_\_\_\_\_

Theraband colour \_\_\_\_\_ Sets \_\_\_\_\_

## Resisted Triceps Elbow Extension

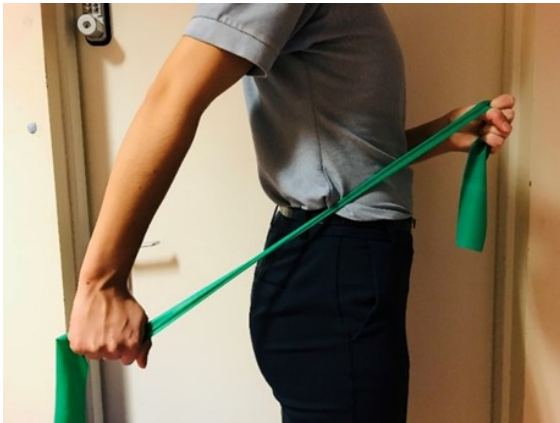
### Starting position

Hold the band in both the hands with palms facing towards the body  
Stabilize the band with left hand near the waist and right hand holding the band near the right hip.



### End Position

Stabilize the band with left hand and with right hand, pull the band down and back. Repeat the same on the other side.



Repeats \_\_\_\_\_

Theraband colour \_\_\_\_\_ Sets \_\_\_\_\_

## Resisted Hip Abduction

### Starting position

Sit on a chair or end of the bed with a loop of band in your mid thighs.



### End Position

Spread your thighs apart feeling the resistance from the band



Repeats \_\_\_\_\_

Theraband colour \_\_\_\_\_

Sets \_\_\_\_\_

## Resisted Biceps

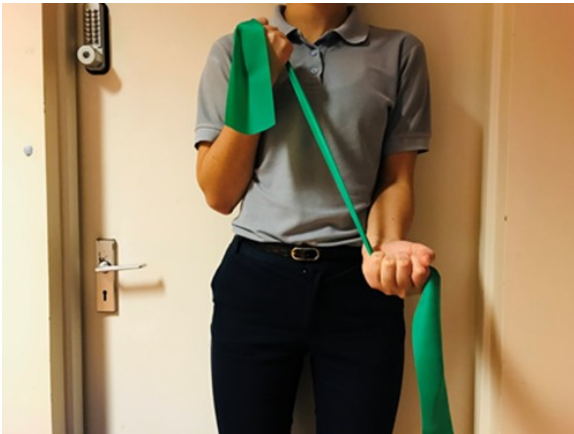
### Starting position

Hold the band in both hands with palms facing upwards  
Elbow to be locked against the waist.



### End Position

Stabilize the band with left hand and pull the band up with the right hand bending your elbow up towards you. Repeat the same on the other side.



Repeats \_\_\_\_\_

Theraband colour \_\_\_\_\_ Sets \_\_\_\_\_

## Resisted Pectorals

### Starting position

Hold the band in both the hands with palm facing downwards and away from your body shoulder width apart.



### End Position

Pull the band away in both the hands with elbows straight



Repeats \_\_\_\_\_

Theraband colour \_\_\_\_\_ Sets \_\_\_\_\_

## Resisted Shoulder Flexion

Starting position

Hold the band in both the hands with palm facing downwards and away from your body shoulder width apart



End Position

Stabilize the band with left hand and pull the band up with the right hand straight up in the front. Repeat the same on the other side.



Reps \_\_\_\_\_

Theraband colour \_\_\_\_\_ Sets \_\_\_\_\_

## Resisted Shoulder Abduction

Starting position

Hold the band in both the hands with palm facing towards you and near your body shoulder width apart .



End Position

Stabilize the band with left hand and pull the band up with the right hand straight on the side away from your body. Keep elbows straight. Repeat the same on the other side.



Reps \_\_\_\_\_

Theraband colour \_\_\_\_\_ Sets \_\_\_\_\_