Theraband Exercises

Patient Information:

Name: Mary Hill **Date of Birth:** February 8, 1980

Medical History: None

Primary Concern/Injury: Shoulder Impingement

Physician/Therapist: Dr. Sarah Smith

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Exercise	Description	Sets	Repetitions	Frequency
Shoulder External Rotation	Sit or stand with Theraband anchored at waist level. Hold one end of the band with elbow bent at 90 degrees, forearm parallel to the ground. Rotate forearm away from body, keeping elbow close to side. Slowly return to starting position.	3	10-15	2-3 times per week
Bicep Curl	Stand with feet shoulder-width apart, stepping on the middle of the Theraband with both feet. Hold one end of the band in each hand with palms facing up. Keep elbows close to sides and slowly curl hands towards shoulders, then lower back down with control.	3	10-15	2-3 times per week
Clamshell	Lie on your side with knees bent and Theraband wrapped around thighs just above knees. Keep feet together and lift top knee towards ceiling while keeping hips stacked and core engaged. Slowly lower knee back down.	3	10-15	2-3 times per week

Seated Row	Sit with legs extended and wrap Theraband around feet, holding one end in each hand. Keep back straight and arms extended in front of you. Pull elbows back towards ribs, squeezing shoulder blades together, then slowly return to starting position.	3	10-15	2-3 times per week
Leg Press	Sit with back against a sturdy surface and legs extended, wrapping Theraband around feet. Push feet forward, straightening legs against resistance, then slowly bend knees to return to starting position	3	10-15	2-3 times per week
Triceps Extension	Stand with feet hip-width apart, holding one end of Theraband with both hands overhead. Keep elbows close to ears and extend arms straight up, then slowly lower hands behind head. Return to starting position with control.	3	10-15	2-3 times per week
Hip Abduction	Stand with Theraband wrapped around ankles, feet hip-width apart. Keeping legs straight, lift one leg out to the side against resistance, then slowly return to starting position. Repeat on the other side.	3	10-15	2-3 times per week

Lateral Shoulder Raise	Stand with feet shoulder-width apart, holding one end of Theraband in each hand by sides. Keep elbows slightly bent and raise arms out to the sides until they reach shoulder height, then slowly lower back down.	3	10-15	2-3 times per week
Hamstring Curl	Secure Theraband to a low anchor point and attach around one ankle. Stand facing the anchor with support, bend the knee of the leg with the band attached, bringing heel towards buttocks against resistance, then slowly return to starting position. Repeat on the other leg.	3	10-15	2-3 times per week
Chest Press	Anchor Theraband at chest height, holding one end in each hand. Step forward with one foot and extend arms forward, pushing hands together in front of chest against resistance. Slowly return to starting position.	3	10-15	2-3 times per week

Notes:

Progress to a higher resistance Theraband as exercises become easier.
Perform a proper warm-up before starting exercises to prevent injury.
Listen to your body and adjust exercises as needed based on your comfort level and ability.
Consistency and proper form are key to achieving optimal results.