Shoulder Extension Exercise Using Theraband

What You’ll Need:
- A piece of theraband (at least 6 ft long)
- Stable surface to attach theraband
- Mirror (optional)

Setup:
- Loop the theraband around the stable surface at chest height
- Wrap the end of the theraband around your hand several times until you feel mild tension

The Exercise:
- Lift your chest and pull your arm behind you
- Keep your neck long and relaxed
- Make sure you keep your shoulder relaxed and elbow by your side
- Try to keep your elbow straight
- The exercise should be felt in the upper back and the back of the arm
- To make the exercise harder, increase tension in the theraband by wrapping it around the wrists or by repositioning the chair further away
- To make the exercise easier, decrease tension in the theraband by moving the chair closer to the support surface
- Perform 10 on each side or until you feel fatigued
Rows Exercise Using Theraband

What You’ll Need:
- A piece of theraband (at least 6 ft long)
- Stable surface to attach theraband
- Mirror (optional)

Setup:
- Loop the theraband around the stable surface at waist height
- Wrap the end of the theraband around your hand several times until you feel mild tension

The Exercise:
- Bend your elbow to 90 degrees, lift your chest, and relax your neck
- Pull elbow straight back maintaining your posture
- Make sure you keep your shoulder relaxed and elbow by your side
- Return to the starting position in a slow and controlled manner
- The exercise should be felt in your upper back between your shoulder blades
- To make the exercise harder, increase tension in the theraband by wrapping it around the wrists or by repositioning the chair further away
- To make the exercise easier, decrease tension in the theraband by moving the chair closer to the support surface
- Perform 10 on each side or until you feel fatigued

Rotator Cuff Exercise Using Theraband

What You’ll Need:
- A piece of low resistance theraband (at least 6 ft long)
- Mirror (optional)

Setup:
- Wrap the theraband around both of your hands until you feel mild tension
- You may find it easier to wrap the band around your weaker hand first

The Exercise:
- Lift your chest and draw your shoulder blades down your back
- Rotate your arms so that your hands move away from your body and your elbows stay by your side
- You should feel your shoulder blades squeezing together and your chest lifting with each repetition
- Make sure the movement is controlled throughout the exercise by moving slowly and not allowing the theraband to recoil as you relax
- The exercise should be felt in the shoulder blades
- To make the exercise harder, wrap the theraband tighter or choose a higher resistance band
- To make the exercise easier, unwrap the theraband a few times or choose a lower resistance band
- Perform 10 on each side or until you feel fatigued
Tricep Extension Exercise Using Theraband

What You’ll Need:
- A piece of theraband (at least 6 ft long)
- Stable surface to attach theraband
- Mirror (optional)

Setup:
- Loop the theraband around the stable surface at chest height
- Wrap the end of the theraband around your hand several times until you feel mild tension
- Remove your armrest so you can keep your arm closer to your body

The Exercise:
- Bend your elbow to 90 degrees
- Keep your elbow at your side, your chest lifted, your neck relaxed, and your shoulder blade down your back
- Maintaining this position, straighten your elbow
- Make sure the movement is controlled throughout the exercise by moving slowly and not allowing the theraband to recoil as you relax
- To make the exercise harder, increase tension in the theraband by wrapping it around the wrists or by repositioning the chair further away
- To make the exercise easier, decrease tension in the theraband by moving the chair closer to the support surface
- Perform 10 on each side or until you feel fatigued

Bicep Curls Exercise Using Theraband

What You’ll Need:
- A piece of theraband (at least 6 ft long)
- Stable surface to attach theraband
- Mirror (optional)

Setup:
- Loop the theraband around the stable surface at knee height
- Wrap the end of the theraband around your hand several times until you feel mild tension

The Exercise:
- Keep your elbow at your side and bend your arm, bringing your hand to your shoulder
- Your shoulder blades should be set low on your back, your neck should be relaxed, and your chest should be lifted
- Make sure the movement is controlled throughout the exercise by moving slowly and not allowing the theraband to recoil as you relax
- To make the exercise harder, increase tension in the theraband by wrapping it around the wrists or by repositioning the chair further away
- To make the exercise easier, decrease tension in the theraband by moving the chair closer to the support surface
- Perform 10 on each side or until you feel fatigued
Rear Deltoid Exercise Using Theraband (at least 6 ft long)

What You’ll Need:
- A piece of theraband
- Stable surface to attach theraband
- Mirror (optional)

Setup:
- Loop the theraband around the stable surface at shoulder height
- Wrap the end of the theraband around your hand several times until you feel mild tension

The Exercise:
- This is an advanced exercise targeting the back of the shoulders. Stop the exercise if you feel pain.
- Pull your shoulder blade down your back and lift your arm to shoulder height
- Keeping your shoulder blade low on the back, move your arm out to the side, ending in a T position
- You should feel your shoulder blade squeezing with each repetition
- Keep your neck relaxed and your chest lifted
- Make sure the movement is controlled throughout the exercise by moving slowly and not allowing the theraband to recoil as you relax
- To make the exercise harder, increase tension in the theraband by wrapping it around the wrists or by repositioning the chair further away
- To make the exercise easier, decrease tension in the theraband by moving the chair closer to the support surface
- Perform 10 on each side or until you feel fatigued

Diagonals Exercise Using Theraband

What You’ll Need:
- A piece of very low resistance theraband (at least 6 ft long)
- Stable surface to attach theraband
- Mirror (optional)

Setup:
- Loop the theraband around the stable surface at knee height
- Wrap the end of the theraband around your hand several times until you feel mild tension

The Exercise:
- This is an advanced exercise for your shoulders. Stop the exercise if you feel pain.
- Begin the exercise with your hand near your opposite knee
- Lift your arm in a diagonal motion as if you were drawing a sword
- You should feel your shoulder blade move down your back as you lift your arm overhead
- Your neck should be relaxed at all times
- Make sure the movement is controlled throughout the exercise by moving slowly and not allowing the theraband to recoil as you relax
Diagonals Exercise Using Theraband Con’t

The Exercise Con’t:
- To make the exercise harder, increase tension in the theraband by wrapping it around the wrists or by repositioning the chair further away
- To make the exercise easier, decrease tension in the theraband by moving the chair closer to the support surface
- Perform 10 on each side or until you feel fatigued

Shoulder Flexion Exercise using Cuff Weight

What You’ll Need:
- Light cuff weights (optional)

Setup:
- Wrap cuff weight around your wrist as tightly as possible
- You may find that the exercise is challenging enough without the added weight

The Exercise:
- This is an advanced exercise for your shoulders. Remove the weight and/or stop the exercise if you feel pain
- Lift both arms up and over your head while allowing your shoulder blades to slide down your back
- Keep your neck relaxed and your chest lifted as you perform the exercise
- Make sure the movement is controlled throughout the exercise by moving slowly as you raise and lower your arms
- You can make the exercise more or less difficult by changing the amount of weight around your wrist
- If this exercise is still too difficult to perform correctly, you can attempt the single arm version
- Perform 10 times or until you feel fatigued

Bicep Curls Exercise using Cuff Weight

What You’ll Need:
- Light cuff weights (optional)

Setup:
- Wrap cuff weight around your wrist as tightly as possible
- You may find that the exercise is challenging enough without the added weight

The Exercise:
- Keep your elbow at your side and bend your arm, bringing your hand to your shoulder
- Your shoulder blades should be set low on your back, your neck should be relaxed, and your chest should be lifted
Diagonals Exercise Using Theraband Con’t

The Exercise Con’t:
- Make sure the movement is controlled throughout the exercise by moving slowly as you raise and lower the weight.
- You may perform the exercise with both arms at the same time or one arm at a time.
- You can make the exercise more or less difficult by changing the amount of weight around your wrist.
- Perform 10 on each side or until you feel fatigued.

View our exercise and how to videos at www.youtube.com/healthytomorrow

For additional information on spinal cord injury or the RRTC on SCI, please visit our website at www.sci-health.org