

RESISTANCE BAND EXERCISES



**ROSWELL
PARK®**
COMPREHENSIVE CANCER CENTER

**PATIENT
EDUCATION**

INSTRUCTIONS

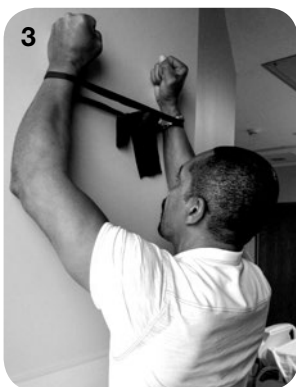
1. Always perform exercises in a slow and controlled manner
2. Remember to breathe while performing your exercises
3. Remember to maintain good posture during your exercises
4. To change resistance, shorten or lengthen band by wrapping or unwrapping it around your hands
Shortening increases resistance; lengthening decreases resistance

FOREARM WALL SLIDE

1. Stand facing wall, with forearms resting on wall and band around arms
2. Pull arms apart
3. Slide arms up wall to tolerance
4. Return to start position

Complete _____ sets of _____ repetitions

_____ times per day



SCAPULA EXERCISE

1. Sitting in chair, hold arms straight out in front of you
2. Reach forward as far as possible, without moving your back
3. Relax and repeat

Complete _____ sets of _____ repetitions

_____ times per day

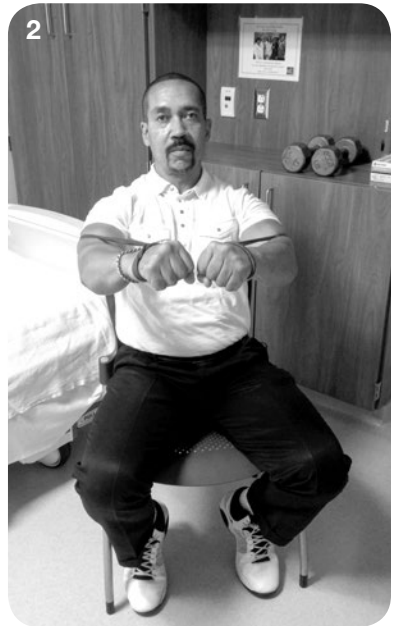
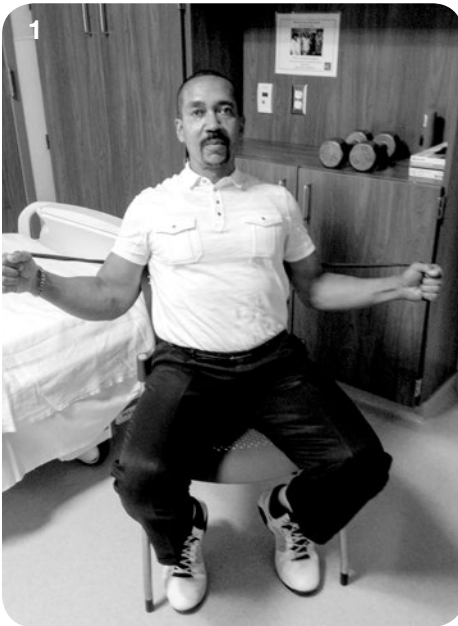


SHOULDER FLYE

1. Sitting in chair, place band around mid back, hold band in each hand with arms out to your sides
2. Slowly bring hands toward each other in front of your shoulders then slowly return to start position

Complete _____ sets of _____ repetitions

_____ times per day



CHEST PRESS

1. Sitting in chair, place band around mid back, hold band in each hand with arms by your side and elbows bent
2. Slowly bring the band forward until arms are straight in front of you

Complete _____ sets of _____ repetitions

_____ times per day



SHOULDER EXTENSION

1. Standing at end of bed with band through opening on foot board; grasp band in each hand with arms by your side
2. Slowly pull back on band while keeping elbows straight; then return slowly to start position

Complete _____ sets of _____ repetitions

_____ times per day



ROWS

1. Seated in chair with band through opening on foot board;
grasp band in each hand with arms straight in front of you
2. Slowly pull back while bending elbows; slowly return to start position

Complete _____ sets of _____ repetitions

_____ times per day



BICEP CURLS

1. Wrap band around both hands and place in your lap
2. Bend elbow bringing your hand toward your shoulder while one hand remains in your lap
3. Repeat with other arm

Complete _____ sets of _____ repetitions

_____ times per day



EXTERNAL ROTATION

1. Seated, hold band in hand farthest from rail, with band through bed rail and elbow bent at side
2. Bring hand out to side with elbow remaining by your side
3. Repeat with other arm

A rolled towel can be placed between your elbow and your side to help maintain proper position

Complete _____ sets of _____ repetitions

_____ times per day



INTERNAL ROTATION

1. While seated, hold band in hand closet to the rail, with band through bed rail and elbow bent at side
2. Bring hand across to cover belly button with elbow remaining by your side
3. Repeat with other arm

A rolled towel can be placed between your elbow and your side to help maintain proper position

Complete _____ sets of _____ repetitions

_____ times per day



REIN IT IN

1. Sitting or standing, extend arm while holding one end of the band
2. Quickly gather up the band into your palm
3. Once gathered in your hand squeeze firmly 10 times
4. Repeat with other hand

Complete _____ sets of _____ repetitions

_____ times per day



TRICEPS 1

1. Sitting or standing, anchor end of band at mid-chest
Hold other end of band with opposite hand and elbow bent pointing
towards ceiling
2. Straighten elbow towards ceiling bringing band up
3. Repeat with other arm

Complete _____ sets of _____ repetitions

_____ times per day



TRICEPS 2

1. Sitting or standing, anchor end of band at low back
Hold other end of band behind head with opposite hand and elbow bent pointing towards ceiling
2. Straighten elbow toward ceiling bringing band up
3. Repeat with other arm

Complete _____ sets of _____ repetitions

_____ times per day



TRICEPS 3

1. Sitting or standing, anchor one end of band on upper chest
Hold other end with opposite hand bent at a 90° angle
2. Straighten bent elbow, pulling band toward the floor
3. Repeat with other arm

Complete _____ sets of _____ repetitions

_____ times per day



TRICEPS 4

1. Sitting or standing, hold both ends of band at chest level
2. Hold one arm in place, and extend the opposite arm
3. Repeat with other arm

Complete _____ sets of _____ repetitions

_____ times per day



SHOULDER FLEXION

1. Standing, anchor end of band just outside hip
Hold other end of band with opposite hand
2. Keeping elbows straight, raise one hand out and up in front of you
3. Repeat with other arm

Complete _____ sets of _____ repetitions

_____ times per day

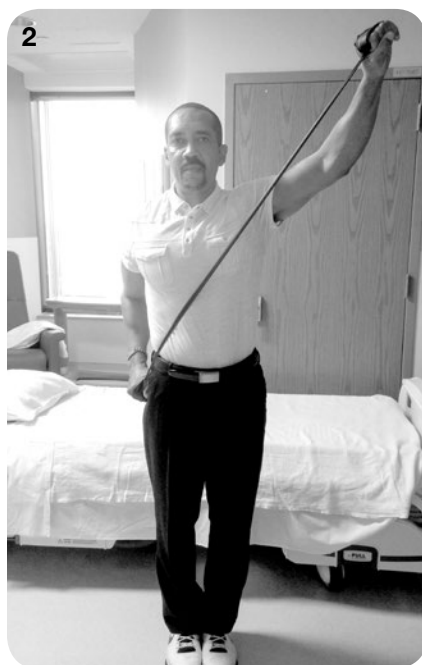


DIAGONAL SHOULDER FLEXION

1. Standing, anchor end of band on side of your hip
2. Hold other end and pull diagonally across chest, keeping elbows straight
3. Repeat with other arm

Complete _____ sets of _____ repetitions

_____ times per day

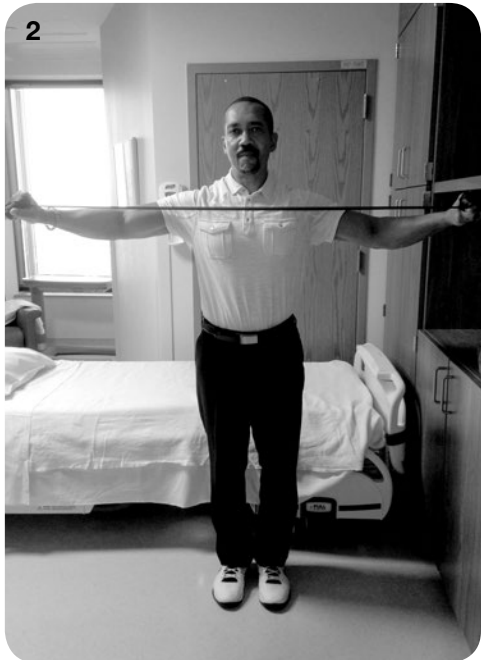


SHOULDER ABDUCTION 1

1. Standing or seated, hold both ends of band straight out in front of you, with elbows straight
2. Keeping elbows straight, pull band apart until middle of the band touches chest
3. Slowly bring arms back to center while keeping elbows straight

Complete _____ sets of _____ repetitions

_____ times per day



SHOULDER ABDUCTION 2

1. Sitting or standing, hold both ends of band overhead
2. Keeping elbows straight, stretch band apart
3. Slowly bring band back to center overhead

Complete _____ sets of _____ repetitions

_____ times per day



STANDING HIP ABDUCTION

1. Standing, face counter top and hold a steady surface
2. With band strapped around ankles, keep one leg stationary and move opposite leg out to the side
3. Slowly bring back to center
4. Repeat with other leg

Complete _____ sets of _____ repetitions

_____ times per day



SEATED HIP ABDUCTION

1. While seated, place band in a loop around upper knees
2. Start with legs together, and slowly stretch band apart using your knees only while keeping feet together
3. Slowly bring back to center

Complete _____ sets of _____ repetitions

_____ times per day



HIP EXTENSION

1. While standing, face counter top and hold steady surface
2. With band strapped around ankles, keep one leg stationary and slowly kick backwards while keeping both legs straight
3. Slowly return to start position
4. Repeat with other leg

Complete _____ sets of _____ repetitions

_____ times per day



**FOR QUESTIONS ABOUT THE
REHABILITATION DEPARTMENT
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