



# Dowel Exercises

*To help your strength and range of motion*

The exercises in this handout will help increase your range of motion and strength. Doing these exercises will make it easier to do your daily activities and help prevent more injuries to your upper body.

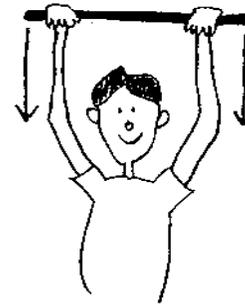
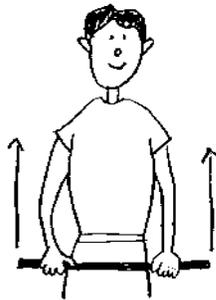
Do each exercise:

\_\_\_\_\_ times

\_\_\_\_\_ times every day

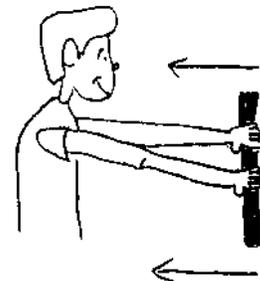
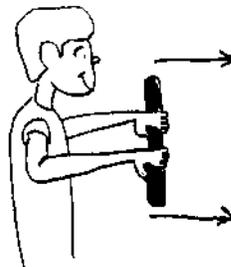
### Exercise #1

1. Hold the dowel with both hands, hip-width apart.
2. Keeping your elbows straight, lift your arms above your head.
3. Lower your arms to their starting position.



### Exercise #2

1. Hold the dowel with both hands in front of you, at about chest height.
2. Push the dowel straight out in front of you.
3. Pull the dowel in toward your chest.



## Questions?

Call 206-598-4830

Your questions are important. Call your doctor or health care provider if you have questions or concerns. UWMC clinic staff are also available to help.

Occupational Therapy:  
206-598-4830

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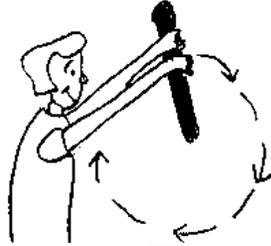
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### Exercise #3

1. Hold the dowel near center, with your hands a few inches apart.
2. Make a circle with the dowel, as if you were rowing a boat: Raise it up and away from you, then forward, down, and back toward your body.
3. Repeat in the other direction.



Row in one direction.



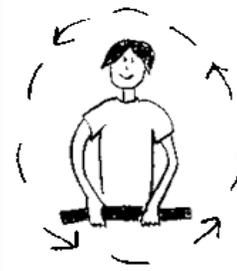
Then row in the other direction.

### Exercise #4

1. Hold the dowel near the center, with your hands several inches apart.
2. Make circles with the dowel: Keep it parallel to the floor and move it around in circle shapes in front of you.
3. Repeat in the other direction.



Make circles in one direction.



Then make circles in the other direction.

### Exercise #5

1. Hold an end of the dowel in each hand.
2. Keep your arms out straight in front of you. Cross one arm over the other so that the dowel goes diagonally across your body.
3. Repeat in the other direction.

