



Theraband Exercises You Can Do in Bed

This handout gives step-by-step instructions for Theraband exercises you can do in bed.

For Exercises 1 through 4: Tie a Theraband to the right and left bedrail or bedframe.

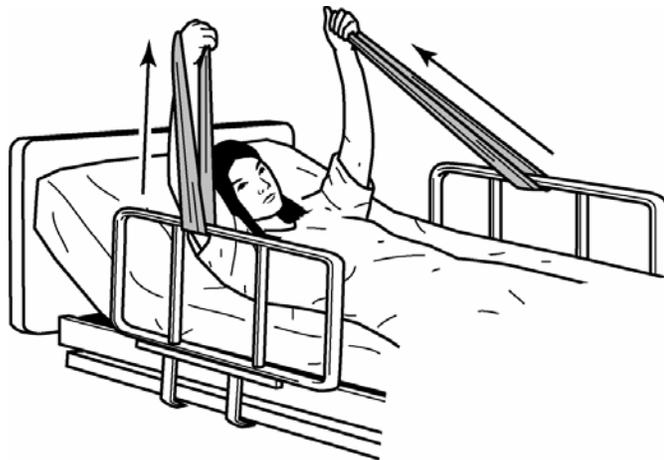
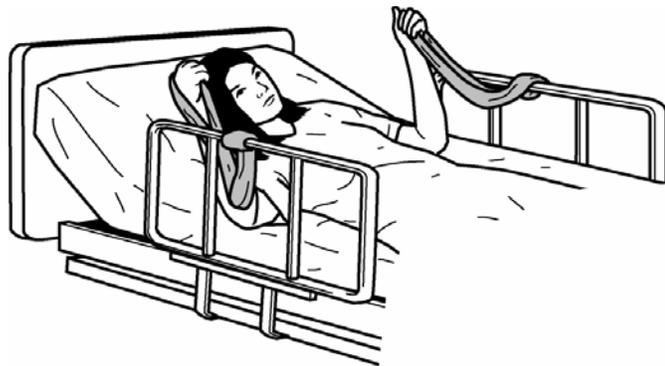
Do each exercise:

_____ times

_____ times every day

#1: Ceiling Exercise

1. Grasp the band on your right with your right hand and the one on your left in your left hand.
2. Push up toward the ceiling until your arms are straight.
3. Repeat _____ times.

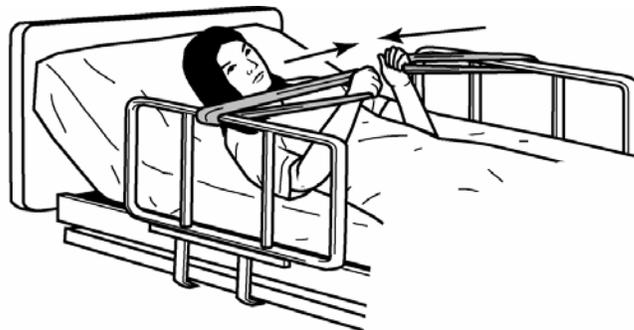
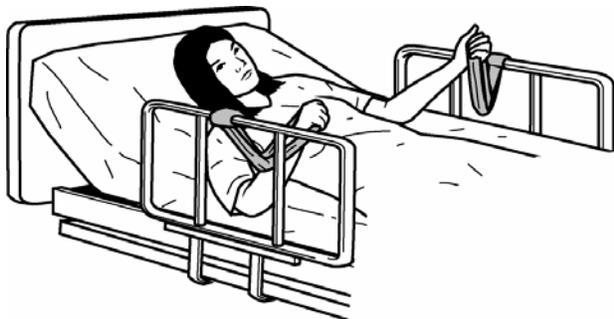


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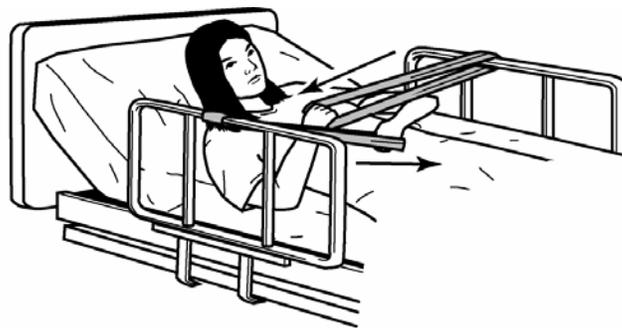
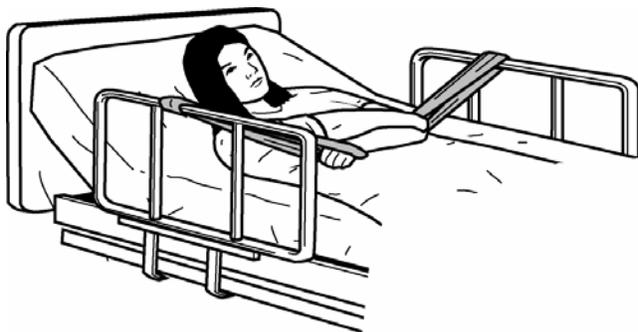
#2: Internal Rotation

1. Grasp the band on your right with your right hand and the one on your left with your left hand.
2. Keep your elbows at your side and pull the bands inward toward the center of your body. Your shoulders should rotate inward.
3. Repeat _____ times.



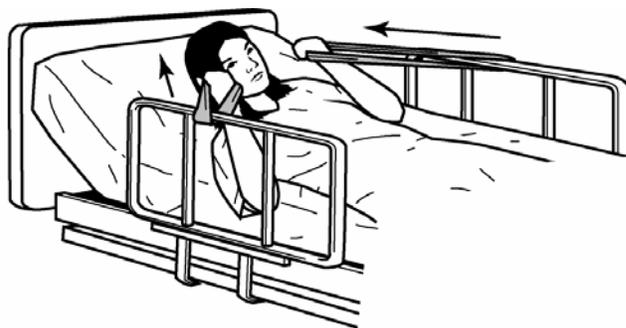
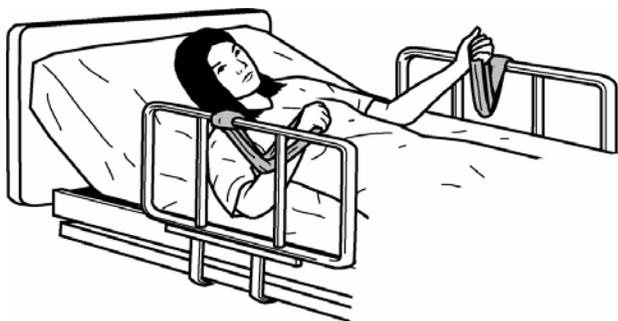
#3: External Rotation

1. Grasp the band on your right with your left hand and the one on your left with your right hand.
2. Keep your elbows at your side and pull the bands across your body. Your shoulders should rotate outward.
3. Repeat _____ times.



#4: Elbow Flexion

1. Grasp the band on your right with your right hand and the one on your left with your left hand.
2. Keep your upper arms at your side. Bend from your elbows to pull your lower arms up toward your head.
3. Repeat _____ times.



Questions?

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

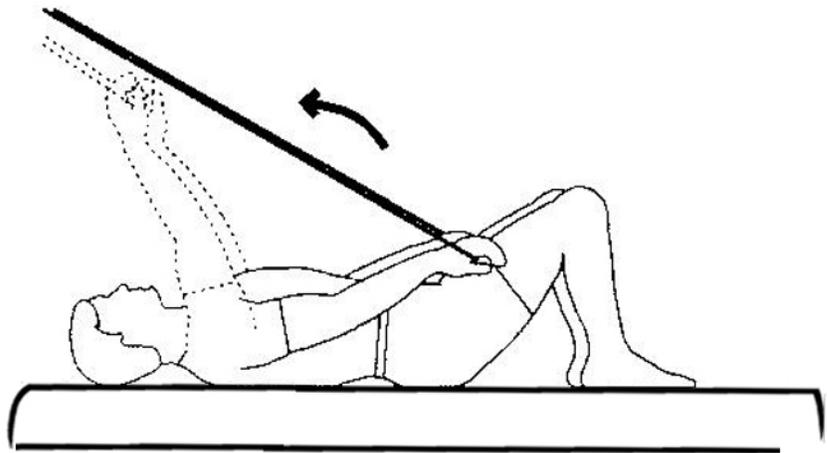
For Exercises 5 and 6: Tie a Theraband to the head of the bedframe.

#5: Elbow Extension

1. Bend your elbow and grasp the band.
2. Straighten your elbow and stretch the band down toward the foot of the bed.
3. Repeat _____ times for each arm.

#6: Shoulder Extension

1. Bend your elbow and grasp the band.
2. Straighten your arm and pull the band down toward the bed.
3. Repeat _____ times for each arm.



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