

Dowel Exercises

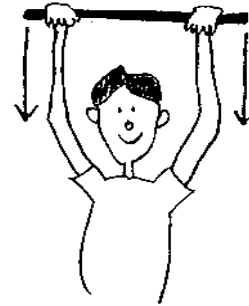
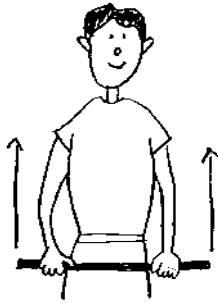
For strength and range of motion

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.

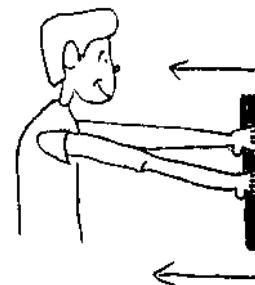
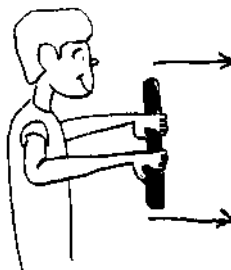
Exercise #1

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.



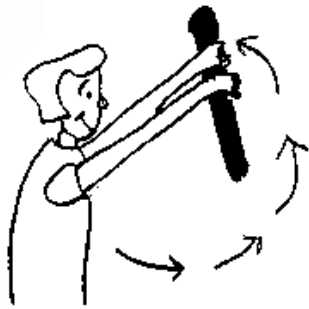
Exercise #2

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.





Row in one direction.



Then row in the other direction.

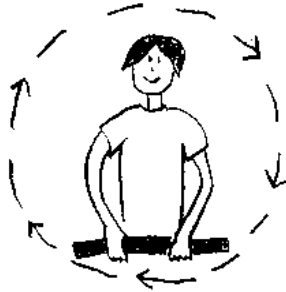
Exercise #3

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 the dowel up and away from you, then forward, down, and back toward your body.
3. Repeat in the other direction.

(See drawings at left.)

Exercise #4

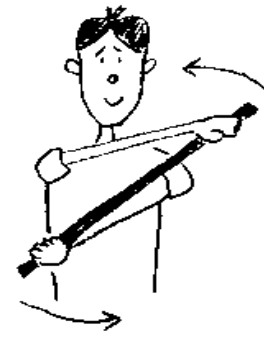
1. Hold the dowel near the center, with your hands several inches apart.
2. Make circles with the dowel: Keep it parallel to the floor and move it around in circle shapes in front of you.
3. Repeat in the other direction.



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 at an angle across your body.
3. Repeat in the other direction.



Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

Occupational Therapy:
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