

Theraband Exercises You Can Do in Bed

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

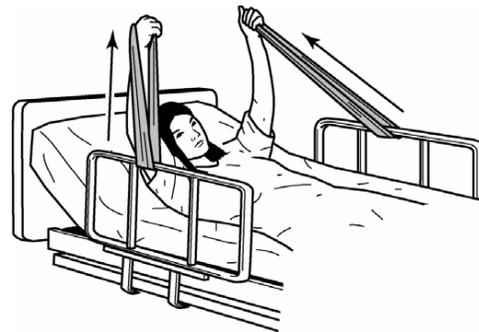
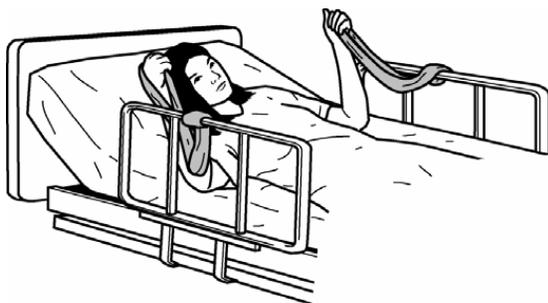
Do each exercise:

- _____ times (repetitions)
- _____ times every day

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

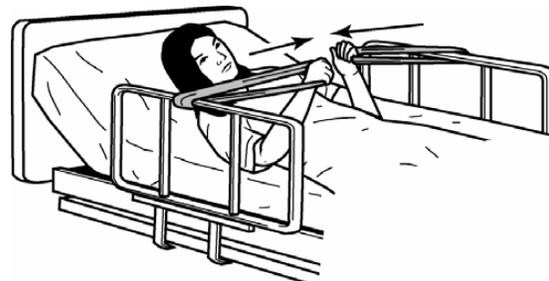
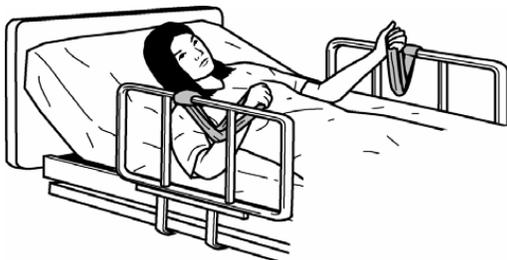
#1: Ceiling Exercise

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



#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.



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of this handout.

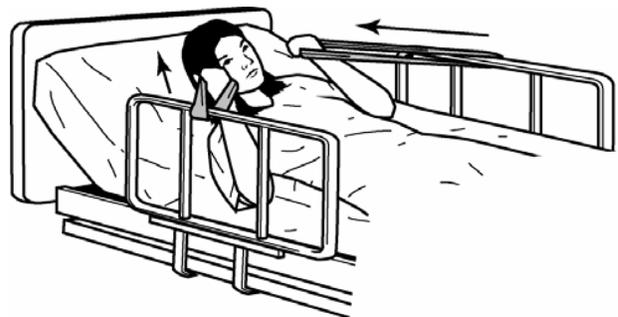
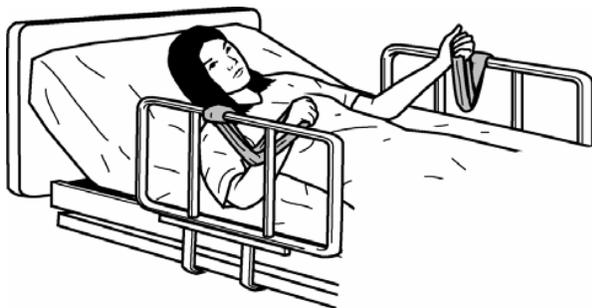
#3: External Rotation

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.



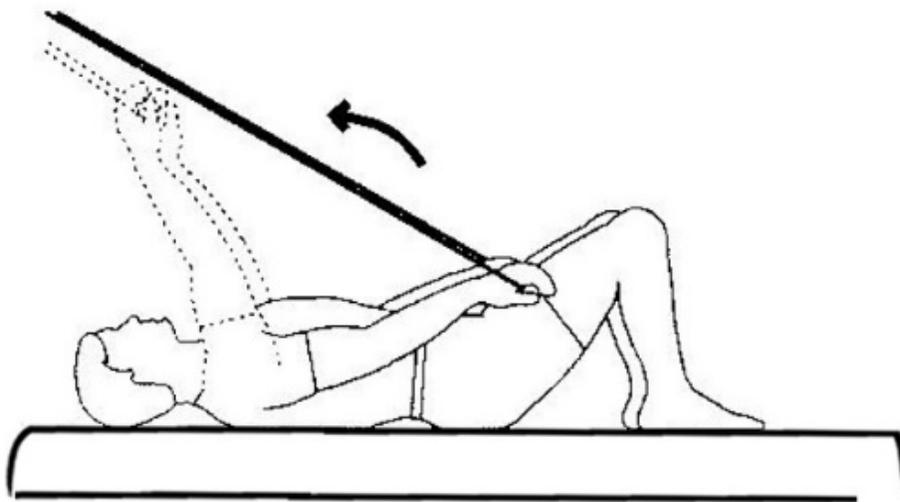
For Exercises 5 and 6: Tie a Theraband to the head of the bedframe.

#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.



Questions?

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