

Dowel Exercises

Rehabilitation Services Home Program

Name _____ Date _____

Therapist _____ Phone number _____

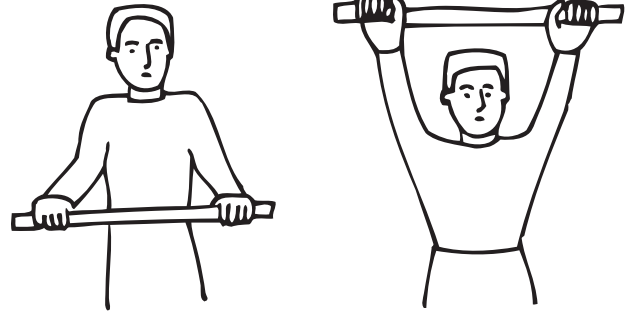
Instructions

- Do all exercises slowly and gently. Work hard, but stay within your level of comfort.
- Exercises should not cause sharp pain. If you have pain, ease up on the movement. If you still have pain, stop.
- Breathe in and out as you exercise. Do not hold your breath.
- To make exercises harder, slowly increase the number of repetitions.
- Your therapist may show you how to add weight as you improve. If you use a weight, make sure it is safely wrapped on the dowel before you begin.

Forward Arm Lift

With elbows straight and palms down, lift the dowel up towards the ceiling. Lower the dowel back to your legs.

Do this _____ times.

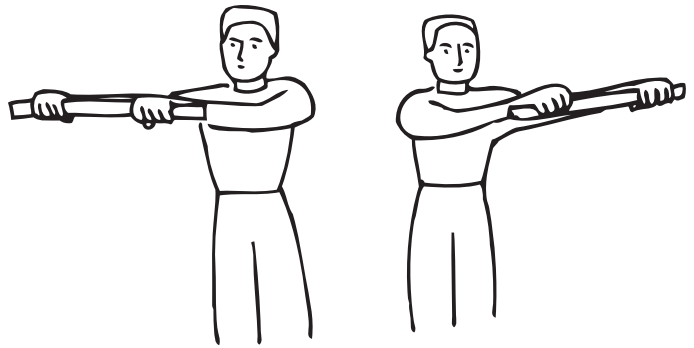


Side to side

Keeping the dowel at shoulder height, move it as far right as possible. Then as far left as possible.

Do not twist your body.

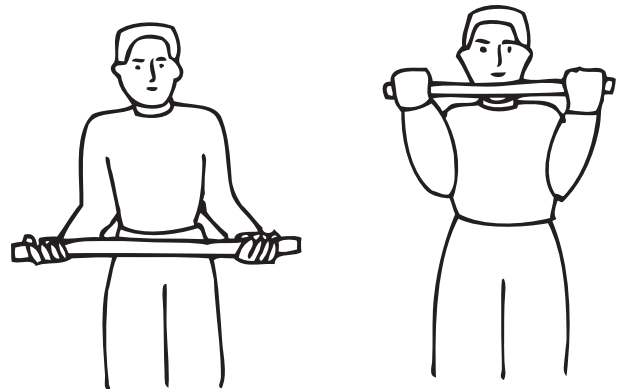
Do this _____ times.



Elbow bends

Hold dowel with palms facing up. Bend your elbows and bring dowel towards your chin. Lower dowel to your legs.

Do this _____ times.



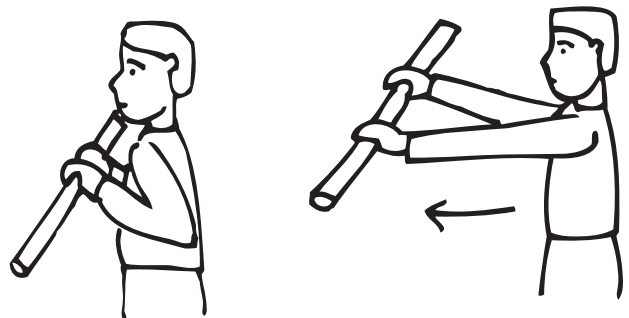
Punches

Hold dowel close to your chest with palms down.

Punch arms straight out until elbows are straight.

Return dowel to chest.

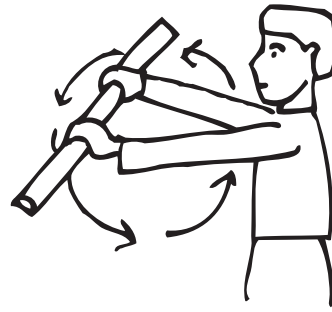
Do this _____ times.



Row the boat

With palms facing down, move dowel in large forward (up and down) circles.

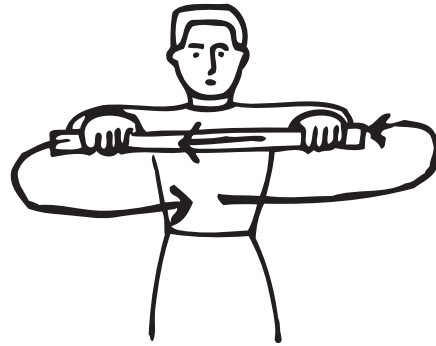
Do this _____ times.



Stir the pot

With palms facing down, make large forward (side to side) circles.

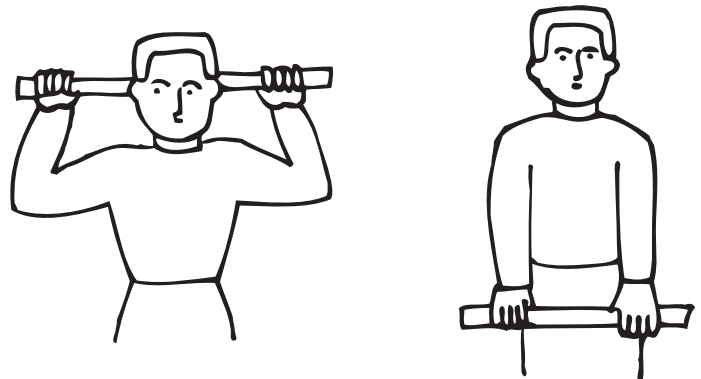
Do this _____ times.



Over the head

With palms facing down, lift dowel above and down behind your head. Reverse and lower dowel to legs.

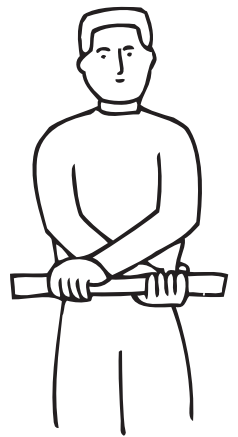
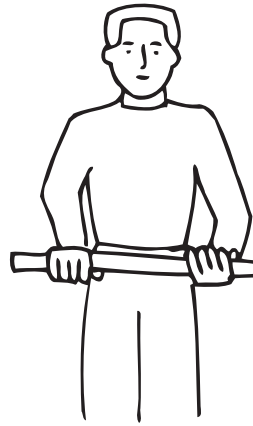
Do this _____ times.



Flip-flops

With one palm facing down and the other palm facing up, flip the dowel over and back.

Do this _____ times.



Wrist bends

With elbows bent and palms down, bend wrists up and down.

Do this _____ times.

