

# Bone Health Exercises for the Upper Body

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*Rehabilitation Therapy at Home*

Name \_\_\_\_\_ Date \_\_\_\_\_

Therapist \_\_\_\_\_ Phone number \_\_\_\_\_

These exercises strengthen the muscles between your shoulder blades. They also increase the shoulder's range of motion. Strong muscles will help improve your posture.

## Instructions

- At first, do these exercises while lying on a firm mattress or the floor. In time, you may do them while seated or standing.
- Before you exercise, check the band to make sure it's in good condition.
- Use slow, even, controlled motions as you stretch and release the band.
- Breathe out when you stretch. Breathe in when you are in a resting position. Do not hold your breath.
- To make exercise harder, slowly increase the number of reps (repetitions). You can also use a tighter band.
- 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.

## How often to exercise

Do these exercises: \_\_\_\_\_

## Special instructions

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## Overhead reach

Lie on your back with your knees bent. Feet should be flat on the floor and pointing straight ahead. Keep your knees and feet hip-distance apart. Grasp the band with both hands at hip level, palms down.



Raise the band above your chest, pulling it apart with your hands. Keep the elbows straight.



Bring your arms up and overhead. Hold 2 to 3 seconds, then lower your arms.



Repeat \_\_\_\_\_ times.

## Side pull

Lie on your back as shown. Grasp the band with both hands at hip level, palms down. Bring your arms up to shoulder level. Keep the elbows straight.



Pull the band out to the sides, bringing your hands to the floor or bed. The band will cross your collarbone.



### *Or...*

Hold the left arm still and bring your right arm to the floor or bed. Repeat with the left side.



Hold 2 to 3 seconds, and then return to starting position. Repeat \_\_\_\_\_ times.

## The sash

Lie on your back as shown. Grasp the band with both hands.



Place your right hand at the front of your right hip. Place your left hand over your right hand. Be sure to leave some tension in the band.

Move only your left hand, pulling the band up and over your body. Keep the elbow straight. Try to touch the left hand to the floor or bed. The band should stretch from your right hip across your upper body.



Hold 2 to 3 seconds, and then slowly return to starting position. Repeat \_\_\_\_\_ times with each arm.

**Arm rotation**

Lie on your back as shown. Grasp the band with both hands. Tuck your elbows at your sides.



Pull the band apart, bringing your hands down toward the floor or bed.



*Or...*

Hold one arm still and pull the other hand out to the side. Repeat with the other arm.



Hold 2 to 3 seconds, and then slowly return to starting position. Repeat \_\_\_\_\_ times.

## □ Bow and arrow

Lie on your back as shown. Grasp the band with both hands, leaving 6 to 8 inches between your hands.



With elbows straight, bring your arms to shoulder level.



Keep your left arm straight as you pull the right arm toward your body. The right arm should bend at the elbow.



Hold 2 to 3 seconds, and then return to starting position. Repeat \_\_\_\_\_ times on each side.