

ARM EXTENSION



1. Knot a resistance band at its midpoint & close knot high in door.
2. Sit in a stable chair (no wheels) facing door, legs shoulder width apart.
3. Hold end of resistance band in each hand, elbows bent, hands in front of face, palms face in. Band is taut but not stretched.
4. Slowly straighten elbows, pulling hands toward floor while squeezing back of upper arm. Keep wrists straight.
5. Pause. Slowly return arms to starting position.
6. Repeat. Work up to 3 sets of 5. Take a break between sets.

GOOD FOR

Getting up from a chair
Arm strength for using walker or cane
Getting in & out of cars
Wheelchair transfer

REPEAT

2-3 times daily

TIPS

- Keep back straight – don't lean back or turn body
- Keep shoulders down – don't shrug
- Control movement
- Keep stomach tight and remember to breathe!

READY FOR MORE?

Increase to 3 sets of 10
Stand to do exercise