

Home Exercise Program

Created by Sara Jacobs, PT, DPT, OCS Nov 10th, 2021

Total 6

Theraband Rows (High)

Anchor the band in front of you at above shoulder height as shown. Begin with your arms straight in front of you, and pull your elbows back keeping them tight to your body and squeezing your shoulder blades. Return to starting position and repeat.

Repeat 10 Times
Hold 1 Second
Complete 1 Set
Perform 1 Times a Day

Shoulder Extension with Band

Begin in standing with arms straight and theraband in each hand. Keeping elbows straight, pull arms down to your sides. Slowly return to starting position and repeat.

Repeat 10 Times
Hold 1 Second
Complete 1 Set
Perform 1 Times a Day

Theraband Tricep Press

Start with arms bent at 90 degrees, elbows by your sides. Exhale as you extend the elbows, inhale to return to 90 degrees. Maintain abdominal engagement throughout the movement.

Repeat 10 Times
Hold 1 Second
Complete 1 Set
Perform 1 Times a Day

TA activation supine shoulder extension

Lying supine tie a knot in a theraband or place around handle then close door to keep stable. Keep arms straight and extends through shoulders as you maintain a neutral spine. You should feel your TA turning on without actively thinking about it.

As you pull your arms down towards the ground make sure your back does not change positions.

Change the angle of pull - 1 set straight down, 1 set with arms out 45 degrees and 1 set with arms out to 90 degrees (like a "T").

You could also do your shoulder circles and triceps extension.

** For greater challenge lift legs so hips and knees are at 90 degrees. Be SURE ABS ARE TIGHT, so to not let back arch.

Repeat 10 Times
Complete 1 Set
Perform 1 Times a Day

HIP FLEXOR STRETCH - FOOT ON CHAIR

While standing, place your foot on a chair as shown. Next, bend your knee to stretch the front of the thigh on the leg that is on the ground.

Video # VVUWSQYAX

Repeat 1 Time
Hold 20 Seconds
Complete 3 Sets
Perform 1 Times a Day

STANDING HIP FLEXOR STRETCH - KNEE ON CHAIR (another variation)

Repeat 1 Time
Hold 20 Seconds

While standing, place your knee on a chair as shown. Next, bend your stance knee to stretch the front of the thigh on the leg that is on the chair.

Video # VVNSWSD8N

Complete
Perform

3 Sets
1 Times a Day