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Exercise Booklet

Elbow extensor strengthening in supine using free weights



Therapist`s aim

To strengthen the elbow extensors.

Client`s aim

To strengthen your triceps.

Therapist`s instructions

Position the patient in supine with their shoulder flexed to 90 degrees and their elbow flexed. Instruct the patient to extend their elbow.

Client`s instructions

Position yourself lying on your back. Start with your shoulder held vertically and your elbow bent. Finish with your elbow straight.

Progressions and variations

More advanced: 1. Progress using strength training principles.

Ceiling punch with weight



Therapist`s aim

To strengthen the shoulder flexors.

Client`s aim

To strengthen the muscles at the front of your shoulder.

Therapist`s instructions

Position the patient in sitting or standing with a weight in their hand. Instruct the patient to punch to the ceiling by extending the elbow.

Client`s instructions

Position yourself in sitting or standing with a weight in your hand. Start with your elbow bent and your fist facing towards the ceiling. Punch to the ceiling with your elbow straight. Finish with the weight above your head.

Progressions and variations

Less advanced: 1. Decrease the weight. More advanced: 1. Increase the weight.

Triceps extension with weight in standing



Therapist`s aim

To strengthen the elbow extensors.

Client`s aim

To strengthen your triceps.

Therapist`s instructions

Position the patient in an upright position with a bench or chair in front of them. Instruct the patient to lean forward and place one hand on the bench or chair for balance. Instruct the patient to hold a weight in their other hand and extend the elbow. Ensure that the patient keeps the shoulder still.

Client`s instructions

Position yourself in standing with a bench or chair in front of you. Lean forward and place one hand on the bench or chair for balance. Hold a weight in your other hand and extend the elbow. Start with your elbow bent. Finish with your elbow straight. Ensure that you keep your shoulder still.

Progressions and variations

Less advanced: 1. Decrease the weight. More advanced: 1. Increase the weight.

Punch across the body with theraband



Therapist`s aim

To strengthen the shoulder muscles and improve wrist stability.

Client`s aim

To strengthen your shoulder muscles and improve your wrist stability.

Therapist`s instructions

Position the patient with their arm beside their body and theraband in their hand. Instruct the patient to squeeze their shoulder blades together and punch their arm across their body, keeping their wrist stiff.

Client`s instructions

Position yourself with your arm beside their body and theraband in your hand. Squeeze their shoulder blades together and punch your arm across your body, keeping your wrist stiff.

Progressions and variations

Less advanced: 1. Downgrade the colour of the theraband. More advanced: 1. Upgrade the colour of the theraband.

Punch to the side with theraband



Therapist`s aim

To strengthen the shoulder muscles and improve wrist stability.

Client`s aim

To strengthen your shoulder muscles and wrist stability.

Therapist`s instructions

Position the patient with their arm beside their body and theraband in their hand. Instruct the patient to squeeze their shoulder blades together and punch their arm out to the side, keeping their wrist stiff.

Client`s instructions

Position yourself with your arm beside your body and theraband in your hand. Squeeze your shoulder blades together and punch your arm out to the side, keeping your wrist stiff.

Progressions and variations

Less advanced: 1. Downgrade the colour of the theraband. More advanced: 1. Upgrade the colour of the theraband.

Punch to the ceiling with theraband



Therapist`s aim

To strengthen the shoulder muscles and improve wrist stability.

Client`s aim

To strengthen your shoulder muscles and improve wrist stability.

Therapist`s instructions

Position the patient with their arm beside their body and theraband in their hand. Instruct the patient to squeeze their shoulder blades together and punch their arm towards the ceiling, keeping their wrist stiff. Instruct the patient to slowly lower their arm

Client`s instructions

Position yourself with your arm beside your body and theraband in your hand. Squeeze your shoulder blades together and punch your arm towards the ceiling, keeping your wrist stiff. Slowly lower your arm.

Progressions and variations

Less advanced: 1. Downgrade the colour of the theraband. More advanced: 1. Upgrade the colour of the theraband.

Punch to the floor with theraband



Therapist`s aim

To strengthen the shoulder depressors and improve wrist stability.

Client`s aim

To strengthen your shoulder depressors and improve your wrist stability.

Therapist`s instructions

Position the patient with their arm beside their body and theraband in their hand. Instruct the patient to squeeze their shoulder blades together and push their fist towards the floor, keeping their wrist stiff.

Client`s instructions

Position yourself with your arm beside their body and theraband in your hand. Squeeze your shoulder blades together and push your fist towards the floor, keeping your wrist stiff.

Progressions and variations

Less advanced: 1. Downgrade the colour of the theraband. More advanced: 1. Upgrade the colour of the theraband.

Balancing prone on a swiss ball



Therapist`s aim

To strengthen the shoulder, trunk and hip muscles.

Client`s aim









To strengthen your shoulder, trunk and hip muscles.

Therapist`s instructions

Position the patient in prone over a ball with their hands on the floor. Instruct the patient to shift their weight over to one arm while maintaining control of their shoulder. Ensure their body is kept in horizontal position.

Client`s instructions

Position yourself lying on your stomach on a ball with your hands on the floor. Practice shifting your weight over to one arm while maintaining control of your shoulder. Ensure that you keep your body horizontal.

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