

Upper and Lower Extremity: Resistance Band Exercise Program

What are the exercises in this program designed to do?

- Increase or maintain your strength during your hospital stay
- Prevent deconditioning (becoming weaker from reduced activity in the hospital)

These benefits will reduce your risk of falling and improve your safety

Perform the exercises as directed by your Physical Therapist. Repeat each exercise ____ times, ____ times per day.

To make these exercises harder:

- Hold the band tighter (keeping hands closer together)
- Increase the number of times you repeat the exercise
- Remember to do each exercise slowly and controlled
- Ask your therapist for a different colored band

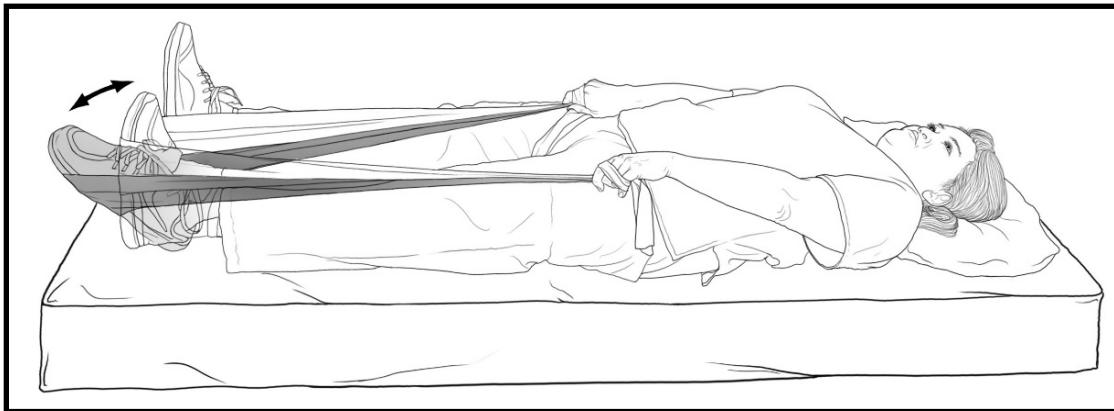
To make these exercises easier:

- Hold the band looser (keeping hands further apart)
- Decrease the number of times you repeat the exercise
- Ask your therapist for a different colored band

Note: Each exercise below has 2 parts: a description and an illustration showing you how to do the exercise.

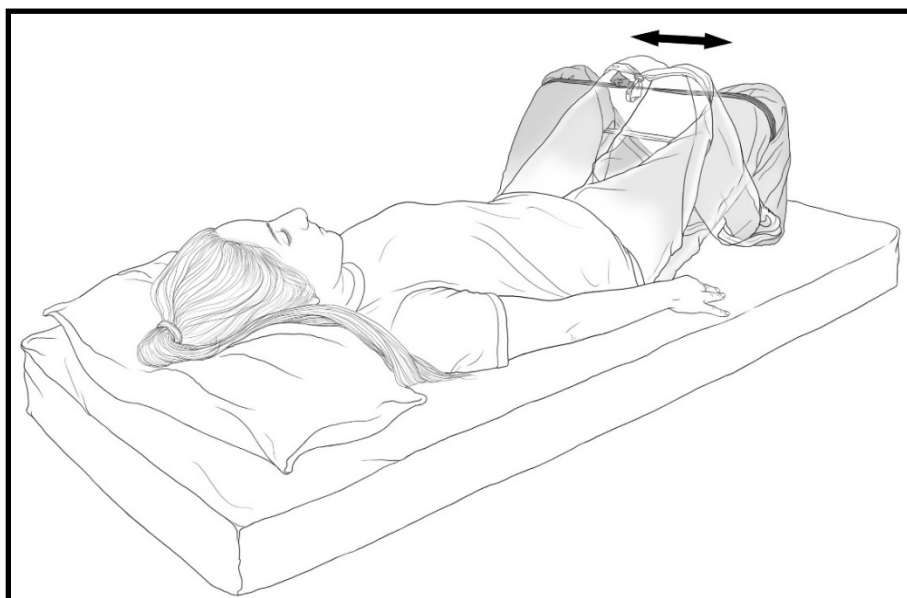
1) Ankle Pumps -

- a) Hold the ends of the band in each hand.
- b) Loop the band around the ball of your foot.
- c) Push down against the band like a gas pedal.
- d) Slowly return to starting position. Repeat on the other side.



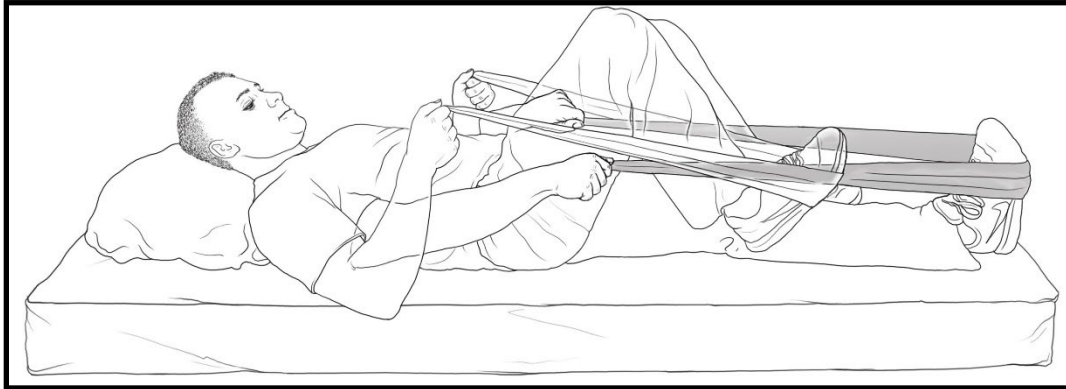
2) Clamshell -

- a) Bend your knees and put feet close together on the bed
- b) Tie the band around your legs just above your knees
- c) Keep your feet close together while pushing your knees out against the band and slowly return to starting position.



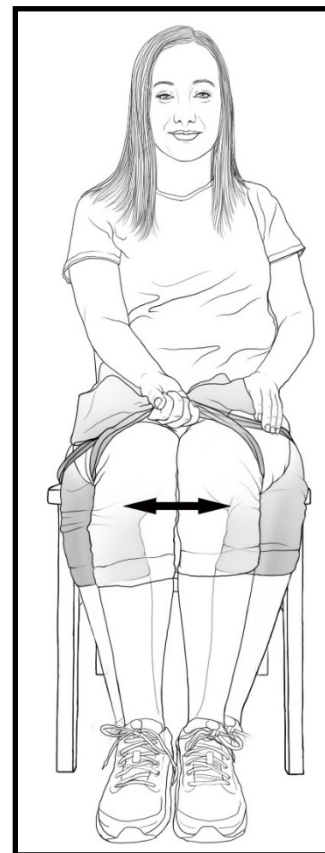
3) Leg Press -

- a) Hold the ends of the band in each hand and bend your knee to your chest to loop the band under your foot.
- b) Keeping your elbows at your side, push your leg straight out and down against the band.
- c) Slowly return to starting position. Repeat on the other side.



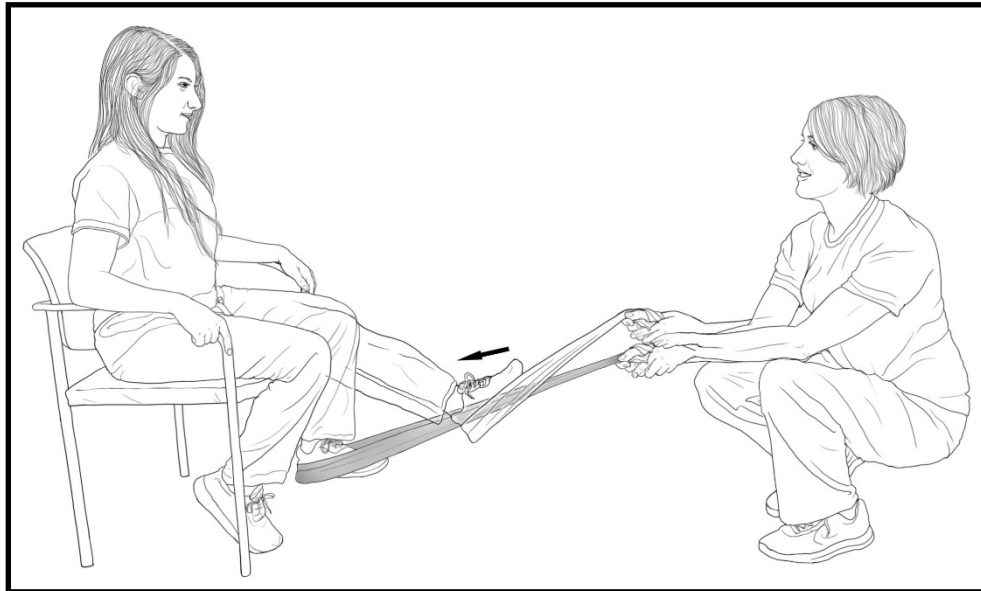
4) Seated Clamshell -

- a) Tie the band around your legs, just above your knees.
- b) Keeping your ankles together, push your legs out to the side and slowly return to starting position.



5) Hamstring curls –

- a) Secure the band in front of you with a partner or a stable object.
- b) Place the band around your ankle and pull your heel back towards the chair, bending at the knee.
- c) Slowly return to starting position. Repeat on the other side.



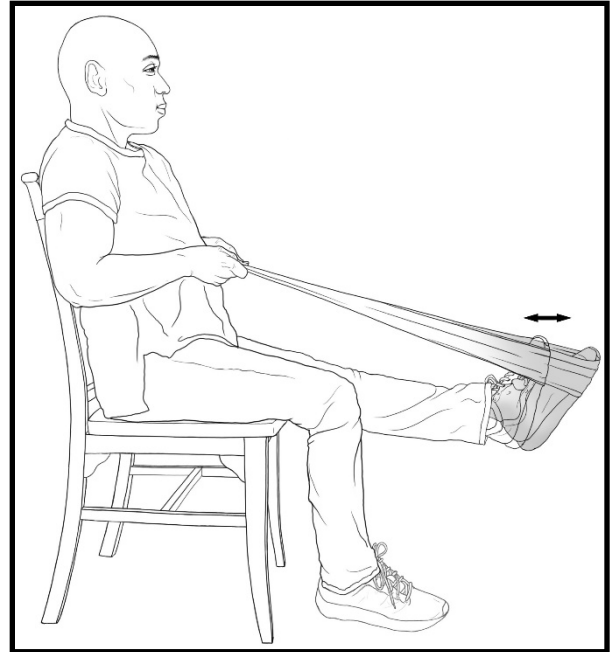
6) Seated Leg Press –

- a) Hold the ends of the band in each hand and bend your knee to loop the band under the middle of your foot.
- b) Keeping your elbows at your sides, push your leg straight out and down against the band.
- c) Slowly return to starting position. Repeat on the other side.



7) Seated Ankle Press –

- a) Hold one end of the band in each hand.
 - b) Loop the band around the ball of your foot.
 - c) Push down against the band like a gas pedal.
 - d) Slowly return to starting position.
- Repeat on the other side.



Standing Hip Exercises (8a-8d):

- Tie the band so it makes a loop.
- Open a door and place the knot of the band in the door jam.
- Close the door and make sure the band is secure.
- Keep your body upright and do not lean.

8a) Forward Kick –

- a) Face away from the door with one of your legs in the loop of the band.
- b) Step forward to tighten the band. Move your leg forward.
- c) Slowly return to the starting position. Repeat on the other side.



8b) Backward Kick -

- a) Face the door with one of your legs in the loop of the band.
 - b) Step backward to tighten the band. Keeping your straight, move your leg back.
 - c) Slowly return to the starting position.
- Repeat on the other side.



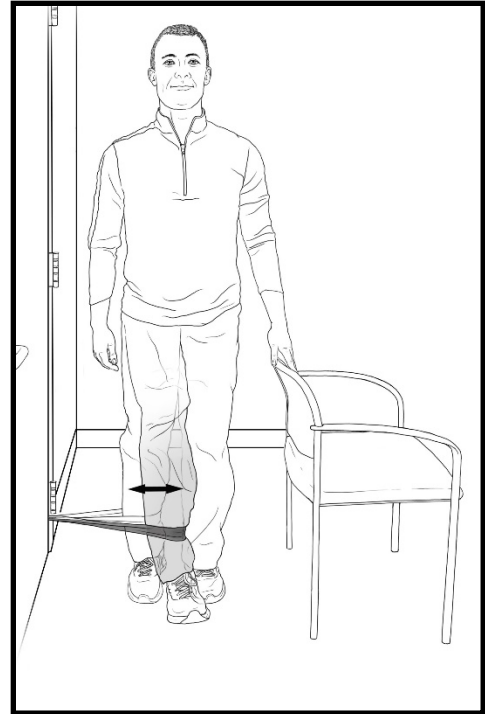
8c) Kick Out to the Side -

- a) Stand with your side facing the door.
- b) Loop the band around your ankle farthest from the door. Take a small step away from the door to tighten the band.
- c) Move your leg away from the door while keeping your toes pointing forward.
- d) Slowly return to the starting position. Repeat on the other side.



8d) Kicking Across Your Body -

- a) Stand with your side facing the door.
 - b) Loop the band around your ankle closest to the door.
 - c) Take a small step away from the door to tighten the band. Move your leg across your body away from the door. Make sure to keep your toes pointed forward.
 - d) Slowly return to the starting position.
- Repeat on the other side.



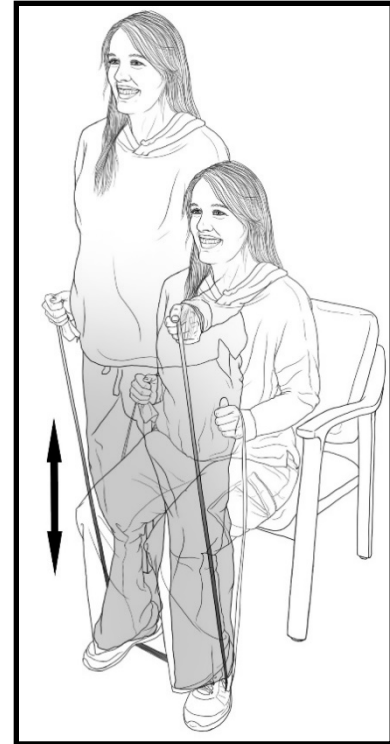
9) Resisted Side Stepping -

- a) Tie the band around your legs, just above your knees. Start with your legs shoulder width apart.
- b) Bend a little at your knees and waist like you are going to sit down. Hold this position while you take a step to the side.
- c) Slowly return to starting position while keeping the band tight. Repeat by stepping to the other side.



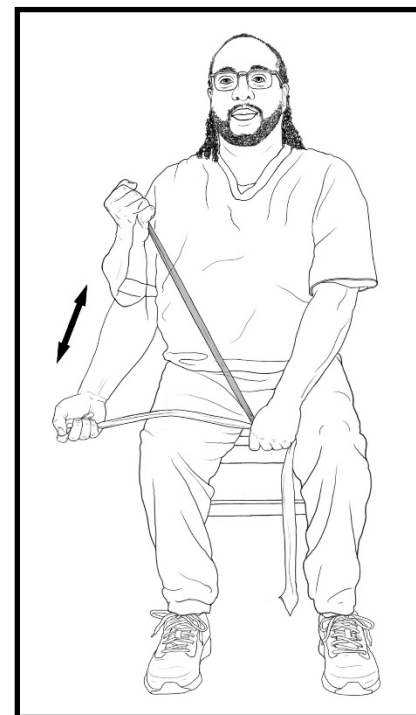
Sit to Stand -

- a) Sit upright in a firm, stable chair.
- b) Loop the band under your feet with your legs shoulder width apart.
- c) Keeping your elbows at your sides and a tight grip on the band, stand up.
- d) Slowly return to the starting position.



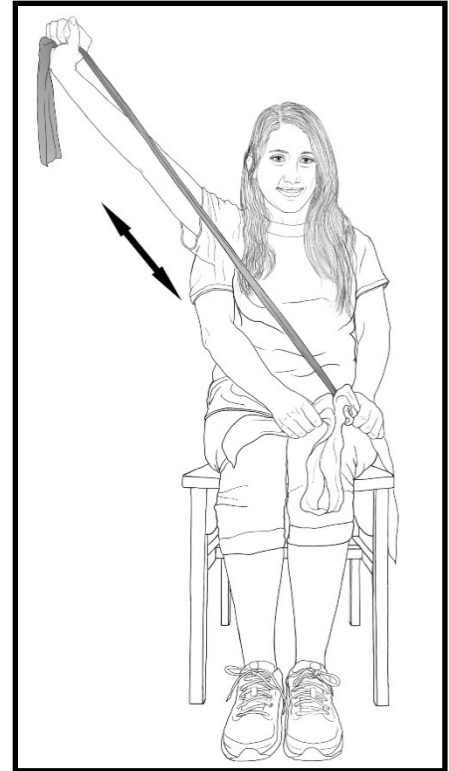
10) Arm Curls -

- a) Hold one end of the band in each hand with arms shoulder width apart.
- b) Bring both of your hands to your lap. One hand keeps the band in your lap.
- c) Bend the other arm at the elbow bringing your hand towards your chest. Repeat on the other side.



11) Across Body Arm Raise -

- a) Hold one end of the band in each hand.
- b) Start by placing both hands outside your left thigh.
- c) Your left hand stays outside your thigh. Move your right arm up and across your body ending with your right hand over your right shoulder.
- d) Slowly return to starting position. Repeat with your other arm.



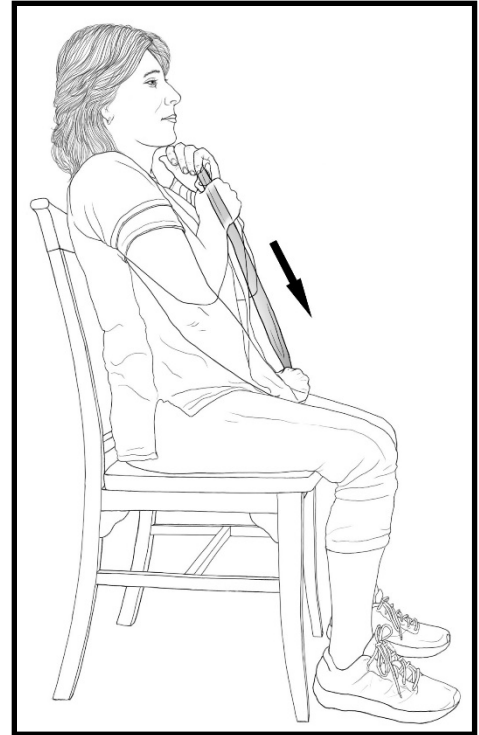
12) Chest Press -

- a) Hold one end of the band in each hand.
- b) Loop the band around your upper back, below your arm pits.
- c) Keep your elbows at your side and comfortably bent.
- d) Push your arms straight out against the band. Slowly return to the starting position.



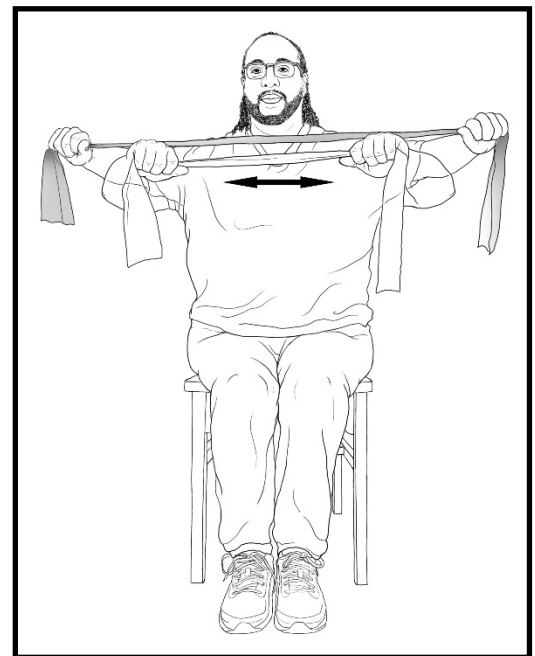
13) Arm Extension -

- a) Hold one end of the band in each hand with arms shoulder width apart.
- b) Bring both hands to your chest. One arm keeps the band to your chest while your other arm straightens to your lap.
- c) Slowly return to the starting position. Repeat with your other arm.



14) Shoulder Blade Squeezes -

- a) Hold one end of the band in each hand.
- b) Keep your elbows comfortably bent at chest level.
- c) Squeeze your shoulder blades together, while pulling your elbows back.
- d) Slowly return to the starting position.



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