

Home Exercise Program

1. Elbow: Seated Bicep Curls



Sets: 2 Reps: 15

- Sit in chair with arm straight with weight in hand and palm facing up.
- Maintain your elbow close to your body.
- Bend elbow to attempt to touch your hand to your shoulder.
- Slowly lower the weight to the start position.
- Return and repeat.

2. Elbow: Extension (Tricep Kick Backs)



Sets: 2 Reps: 15

- Start standing, bent over at the waist, leaning on a chair or table for support.
- Begin with shoulders pulled back and down away from ears, elbow bent, parallel to the floor, weight in hand.
- Straighten arm out behind your body until arm is fully extended (elbow remains stationary at your side).
- Slowly return weight to starting position, repeat.

3. Elbow: Hook Lying Resisted Triceps Extension



Sets: 2 Reps: 15

- Lie on your back with your knees bent and your feet flat on the table.
- Lift your arm so it is perpendicular to your body.
- Bend your elbow enough for your hand to touch the pillow.
- Straighten your elbow without moving your arm.

ALTERNATE OF TRICEP KICK BACKS

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4. Shoulder: Standing Scapular Retraction with Elbow Flexion (Bent Over Row)



Sets: 2 Reps: 15

- Stand perpendicular to a counter and place one arm on counter and lean slightly forward.
- Hold a weight in your opposite hand and bend your elbow, bringing it up and back there by moving the weight up the side of your body as close to your shoulder as possible.
- Lower your elbow slowly and repeat.

5. Shoulder: Standing Shoulder Abduction with Resistance



Sets: 2 Reps: 15

- Stand tall, tuck your chin in and hold a weight in your hand.
- Pull your shoulder down and back, and raise your arm sideways as high as you can. Keep your thumb pointing up towards the ceiling.
- Slowly lower your arm back to your side.
- Relax and repeat.

6. Upper Extremity: Chair Triceps Dips



Sets: 1-2 Reps: 10

- Sit on a chair and place hands on the edge of the chair.
- Slowly move your body in front of the chair by bending the elbows and the knees.
- Gently push down into the chair to extend elbows.
- Return and repeat as prescribed.