

# FALLS PREVENTION THERABAND EXERCISES



## BICEPS CURLS

With your arm at your side holding an elastic band, draw up your hand by bending at the elbow.

Repeat 10 times

Complete 1 set

Keep your palm face up the entire time.

Perform 2 time(s) a day



## TRICEP EXTENSION

Start by holding an elastic band across your chest with the unaffected arm.

Repeat 10 times

Complete 1 set

Next, pull the band downward with the other arm so that the elbow goes from a bent position to a straightened position as shown.

Perform 2 time(s) a day



## EXTERNAL ROTATION

While holding an elastic band with your elbows bent, pull your hands away from your stomach area. Keep your elbows near the side of your body.

Repeat 10 times

Complete 1 set

Perform 2 time(s) a day



## SEATED ROWS

Extend your legs and wrap middle of band around feet. Be sure band is secure by wrapping the middle around your feet so it won't slip. Grasp both ends of band with elbows straight. Pull band upward and back, bending elbows. Slowly return to starting position.

Repeat 10 times

Complete 1 set

Perform 2 time(s) a day



### **CHEST PRESS**

Starting with your arms at your side and elbows bent, push the band out in front of your body as you straighten your elbows. The band could be wrapped around a chair or your body.

Repeat 10 times  
Complete 1 set  
Perform 2 time(s) a day



### **SHOULDER FLEXION**

While holding an elastic band in front of you and on your leg with your unaffected arm, pull the band upward towards the ceiling with your affected arm as shown.

Repeat 10 times  
Complete 1 set  
Perform 2 time(s) a day



### **LEG PRESS**

Begin by wrapping the middle of the band around your foot. Grasp the ends of the band at your chest, taking up the slack while you bend your hip and knee. Press your foot downward into the band, extending your hip and knee. Hold and slowly return.

Repeat 10 times  
Complete 1 set  
Perform 2 time(s) a day



### **SEATED CLAMS**

While sitting in a chair and an elastic band wrapped around your knees, move both knees to the sides to separate your legs. Keep contact of your feet on the floor the entire time.

Repeat 10 times  
Complete 1 set  
Perform 2 time(s) a day