



Strengthening Exercises with Elastic



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Exercise Therapy

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Remember - to reduce the resistance make the elastic between your hands longer, and to increase the resistance make the elastic between the hands shorter.

Yellow elastic – Light / Rehabilitation level

1. Seated knee lifts



This exercise will strengthen the thighs and core – caution for this with hip complaints

Sit tall on a firm chair and hold the elastic over the thighs. Keep tall and engage the core, lift one leg and push the thigh through the elastic and rest down, then repeat on the other leg. Try not to rock side to side, keep the hips still. Start with 4-6 repetitions on each leg.

2. Upper back



This exercise will strengthen the upper back

Sit tall in the chair with your core engaged, place the elastic under the feet. Hold the ends of

the elastic and draw the elbows back squeezing the muscles on the upper back, ensuring the shoulders stay down. Make sure that you not lifting your hands towards your shoulders and that you are pulling the elbows back. If you have a rounded upper back (Kyphosis) this is a good exercise however, try not to push the chin out. Start with 8-10 repetitions.

3. Outside thigh and hips



This exercise will strengthen the thighs and stabilise the pelvis

Sit tall on a firm chair with your core engaged; take the elastic under the legs and cross it over above the knees. Hold the elastic with some tension. The tighter the elastic is around the legs, the harder the resistance. Gently open the knees and control the knees back to centre. If this causes pain or discomfort in the hips do not continue with this exercise. Start with 8 repetitions.

4. Arm extension with elastic



This exercise will strengthen the shoulders

Sit tall on a firm chair and engage your core, place the elastic around your back. Hold the

ends of the elastic with soft elbows and then extend your arms in front of you and slowly control it back by softening the elbows. To increase the resistance hold the further up the elastic. Start with 8-10 repetitions.

5. Forward extension



This exercise will strengthen the shoulders

Sit tall on a firm chair and engage your core, hold the elastic in both hands in front of you just below the shoulder line. When the elastic between the hands is longer the resistance is easier. Keep shoulders down and stretch the elastic between the hands and slowly control it back to a relaxed position. Start with 8 repetitions.

6. Dumb Waiter



This exercise strengthens the front of the shoulder / rotator cuff

Sit tall on a firm chair and engage your core, hold the elastic in both hands in front of you

with palms facing the ceiling. Tuck your elbows into your body drawing your shoulders down into your back, now lengthen through your spine and engage your core. Open the hands out keeping your elbows tucked into your body and then slowly release. Start with 8 repetitions.

7.



This exercise will strengthen the shoulders and upper back.

Sit tall on a firm chair and engage your core, hold the elastic in both hands starting with plenty of elastic between your hands. Anchor one hand to your hip and extend the other arm just below your shoulders keeping a soft elbow. Extend the arm diagonally up keeping the same bend in the elbow, keep your shoulders down into your back and then slowly bring the elastic back to the start position. Start with 6-8 repetitions on each arm

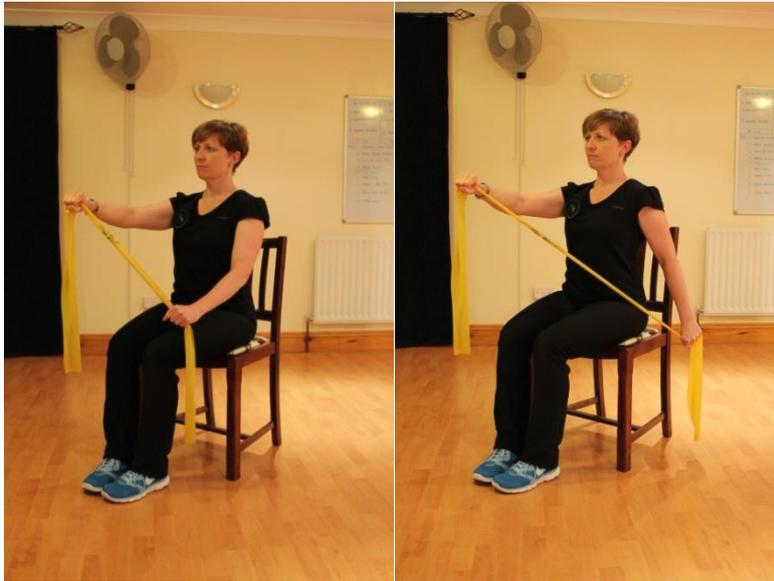
8.



This exercise will strengthen the shoulders and the muscles of the trunk

Sit tall in the chair and place the elastic under the feet. Hold the ends of the elastic so that it does not run over the top of the hand, make a fist with your hand and extend your arms down with soft elbows. Engage your core and gently lift your arm just below your shoulder line, keeping your shoulders down, then gently release the resistance and bring your arm back down. If you get any discomfort in the neck do not do this exercise. Try 6-8 repetitions.

9.



This exercise will strengthen the triceps and mid back

Sit tall on a firm chair and engage your core, hold the elastic in both hands starting with plenty of elastic between your hands. Extend one arm out just below the shoulder line and keep the elbow soft and shoulder down into the back. This arm will secure the elastic, now with the other arm pull down towards the hip, squeezing the back of the arm. Try 6-8 repetitions on each arm.