

Resistance Training With Surgical Tubing: Exercises

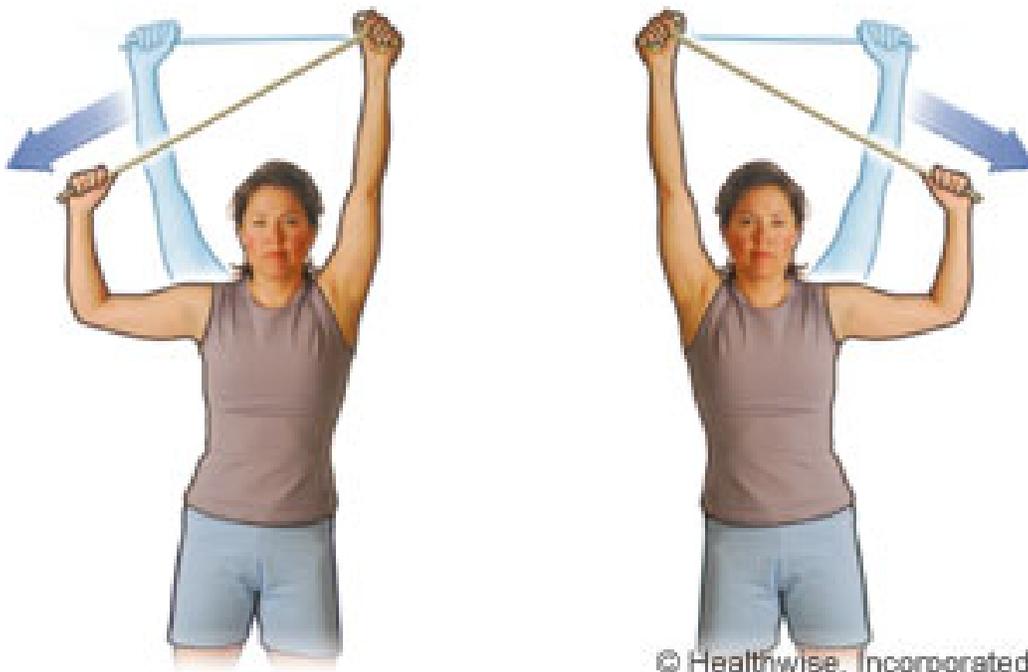
Introduction

Here are some examples of exercises for resistance training. Start each exercise slowly. Ease off the exercise if you start to have pain.

Your doctor or physical therapist will tell you when you can start these exercises and which ones will work best for you.

How to do the exercises

Side pull



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1. Raise both arms overhead, palms of your hands facing forward.
2. Pull one arm down and to the side, bending your elbow as shown, and hold.
3. Slowly reach up again. Repeat with the other arm.
4. Repeat 8 to 12 times with each hand.
5. Rest for a minute, and repeat the exercise.

Overhead pull



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1. Raise both arms overhead, palms of your hands facing forward.
2. Tighten the tubing by slowly pulling both arms away from center, and hold.
3. Slowly return to the starting position with your arms straight up.
4. Repeat 8 to 12 times.
5. Rest for a minute, and repeat the exercise.

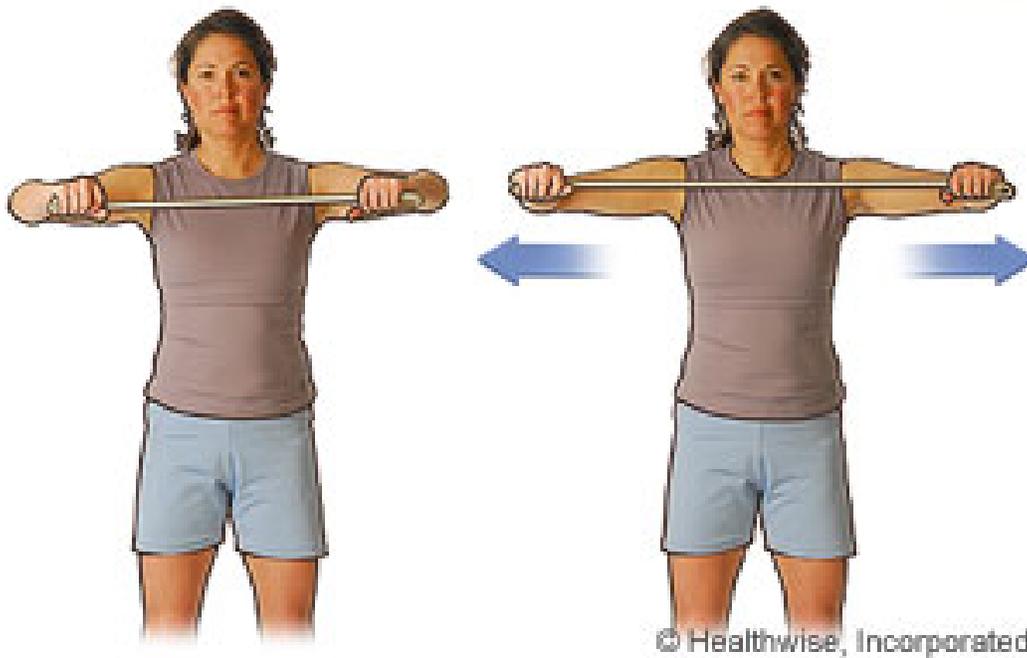
Up-down pull



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1. Raise both arms overhead.
2. Bend your elbows so that they are shoulder height, and hold the stretched tubing behind or in front of your head.
3. Slowly return to the starting position with your arms straight up.
4. Repeat 8 to 12 times.
5. Rest for a minute, and repeat the exercise.

Chest-level pull



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1. Raise your arms in front of you to chest level. Your elbows will be bent and held up at about shoulder height.
2. Pull your hands apart, stretching the tubing, and hold. Try to keep your hands up at your chest level, and do not pull your shoulders up toward your ears.
3. Slowly return to your starting position.
4. Repeat 8 to 12 times.
5. Rest for a minute, and repeat the exercise.

Hip-level pull



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1. Hold your hands at the level of your hips, or near your lap if you are sitting down.
2. Pull your hands apart, stretching the tubing, and hold.
3. Slowly return to your starting position.
4. Repeat 8 to 12 times.
5. Rest for a minute, and repeat the exercise.

Follow-up care is a key part of your treatment and safety. Be sure to make and go to all appointments, and call your doctor if you are having problems. It's also a good idea to know your test results and keep a list of the medicines you take.

Where can you learn more?

Go to <https://www.healthwise.net/patiented>

Enter **A581** in the search box to learn more about "**Resistance Training With Surgical Tubing: Exercises**".

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