

Theraband Clocks

Type: Strength, neuro-muscular adaptation

Muscle(s) Worked: Postural muscles

Equipment Needed: Theraband

INSTRUCTIONS:

1. Find a theraband with the correct resistance about two feet long and tie it in a circle.
2. Put the band around your wrists
3. Place your hands on the wall, shoulder height and width.
4. Squeeze your shoulder blades together and hold that position for the ENTIRE exercise, if your shoulder blades come apart, stop and reset them.
5. Picture a giant clock on the wall and your hands are the center.
6. While keeping your shoulder blades squeezed together, reach your right hand towards one O'clock, and then back to the middle.
7. While keeping your shoulder blades squeezed together, reach your right hand towards two O'clock, and then back to the middle.
8. While keeping your shoulder blades squeezed together, reach your right hand towards three O'clock, and then back to the middle
9. Continue with four O'clock and five O'clock and then go from five back to one O'clock
10. Then start the left hand. While keeping your shoulder blades squeezed together, reach your left hand towards eleven O'clock, and then back to the middle
11. While keeping your shoulder blades squeezed together, reach your left hand towards ten O'clock, and then back to the middle
12. Continue with nine o'clock, eight o'clock and seven o'clock and then back up from seven to eleven o'clock
13. Repeat each side again.

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