Resistance-band row

RESISTANCE BANDS / HOME EXERCISE GUIDE

PURPOSE

Practice a controlled pulling movement with resistance selected by your clinician.

YOU WILL NEED

Your prescribed band and a purpose-built anchor installed as its manufacturer directs.

BEFORE YOU BEGIN

Have your clinician check the anchor and standing or seated setup. Inspect the band for damage; replace it if worn. Follow the manufacturer's eye-protection guidance.

PAUSE AND GET ADVICE

Stop for shoulder pain, new arm tingling, weakness or dizziness.

Do not use an uncertain anchor, unstable furniture, damaged band or resistance that changes your technique.

STEP BY STEP

1. Face the secure anchor, with the band at about elbow height. Begin in the position demonstrated for you.
2. Hold the band with wrists comfortable and shoulders relaxed.
3. Bring your elbows back close to your sides. Gently draw your shoulder blades toward each other without shrugging.
4. Return slowly. Keep control of the band and do not let it snap back.

KEEP IN MIND

Stay upright rather than leaning back to pull harder. Keep the band and its recoil path away from your face.

YOUR INDIVIDUALIZED PLAN

Your clinician should select this exercise and complete the plan before you begin. Use only the range and resistance demonstrated for you.

Repetitions: _____ Sets: _____

Hold (seconds): _____ Days per week: _____

Side: _____

Clinician / date: _____

Range or modification: _____

Band / anchor / position: _____

Review date: _____

SOURCES AND FURTHER READING

American Academy of Orthopaedic Surgeons - Rotator Cuff and Shoulder Conditioning Program

Performance Health / THERABAND - THERABAND Professional Latex Resistance Bands: use and safety

General adult education. Use only when selected and adapted by your clinician. This handout does not diagnose symptoms or replace your individual care plan.