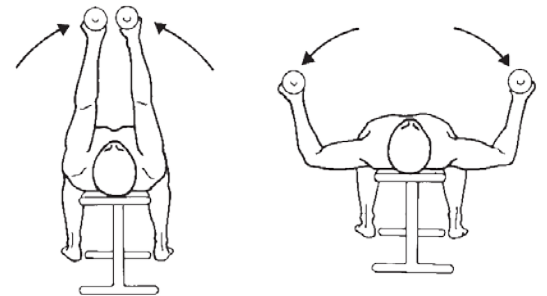


## Upper Extremity Dumbbell Home Exercise Program

### 1. Supine Dumbbell Fly

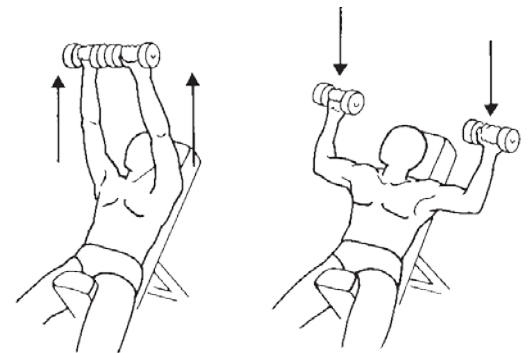
Lie on back with feet flat on the floor.  
Position head, shoulders, and buttocks flat on bench.  
With shoulders flexed to 90°, grasp dumbbells.  
Dumbbells should face each other.  
Move dumbbells outward in a wide arch fashion,  
while keeping the elbows slightly bent.  
Keep lowering dumbbells until elbows are level with the body.  
Return to the start position.



Perform \_\_\_ sets of \_\_\_ reps, \_\_\_ times/day  
Progress to \_\_\_ sets of \_\_\_ reps, \_\_\_ times/day

### 2. Incline Dumbbell Bench Press

Lie on a bench that is on a 45° incline.  
Keep feet flat on the floor and your back pressed flat on the bench.  
Start with your shoulders flexed to 90°.  
Your hands are holding the dumbbells in a palm down position.  
Bend elbows downward until your elbows are level with your body.  
Return to start position.



Perform \_\_\_ sets of \_\_\_ reps, \_\_\_ times/day  
Progress to \_\_\_ sets of \_\_\_ reps, \_\_\_ times/day

### 3. Side-Lying External Rotation

Lie on uninjured side with the elbow on involved arm flexed 90°.  
Place a small towel roll under elbow on involved side.  
Set shoulder back against chest wall.  
Raise involved hand from on table position to position of  
being parallel to tabletop.  
Lower slowly and repeat up toward ceiling.



Perform \_\_\_ sets of \_\_\_ reps, \_\_\_ times/day  
Progress to \_\_\_ sets of \_\_\_ reps, \_\_\_ times/day



#### 4. Side Lying Internal Rotation

With a pillow under head, lie on involved side with arm against side and elbow flexed 90°.

Raise involved hand up, lower slowly and repeat.

Perform \_\_\_ sets of \_\_\_ reps, \_\_\_ times/day

Progress to \_\_\_ sets of \_\_\_ reps, \_\_\_ times/day



#### 5. One Arm Row

Place your left knee on a bench with your left arm extended on the bench.

Keep your back straight and your head facing the floor (tighten stomach muscles)

The dumbbell is held in your right hand.

Set your shoulder blade, and bend your elbow, bringing arm toward your body.

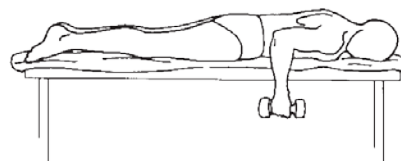
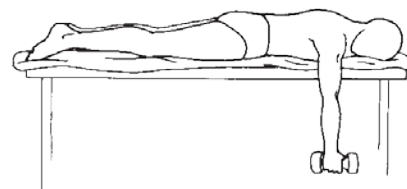
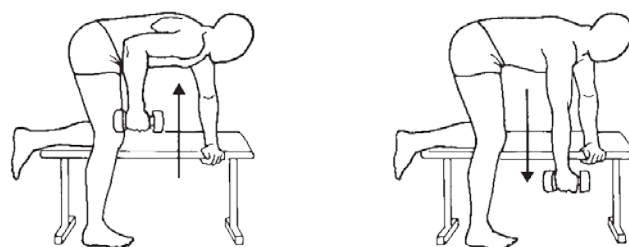
Do not raise arm higher than your body.

Repeat with opposite arm.

Perform \_\_\_ sets of \_\_\_ reps, \_\_\_ times/day

Progress to \_\_\_ sets of \_\_\_ reps, \_\_\_ times/day

**This exercise can also be performed lying on your stomach as pictured to the right.**



#### 6. Hammer Bicep Curl

Stand or sit with shoulder blades set down and back.

Keep stomach muscles tight and back straight.

If you are standing, feet should be shoulder width apart and knees should be slightly flexed.

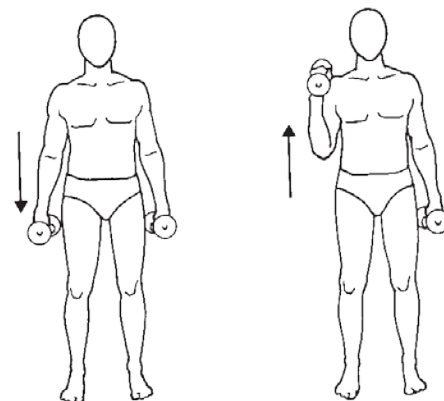
Grasp dumbbells with palms facing your body.

Raise one dumbbell by bending the elbow as pictured, then slowly lower dumbbell and repeat with opposite arm.

Do not swing the dumbbell upward or jerk/bounce the dumbbell when the arm is extended.

Perform \_\_\_ sets of \_\_\_ reps, \_\_\_ times/day

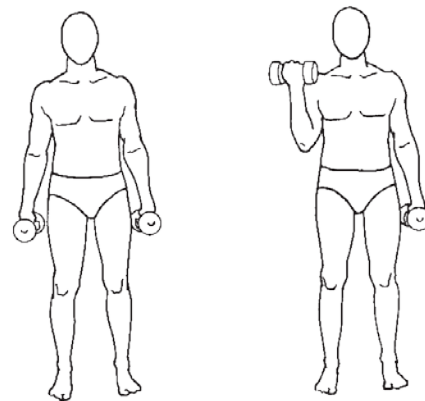
Progress to \_\_\_ sets of \_\_\_ reps, \_\_\_ times/day



*Continued*

### 7. Bicep Curl with Supination

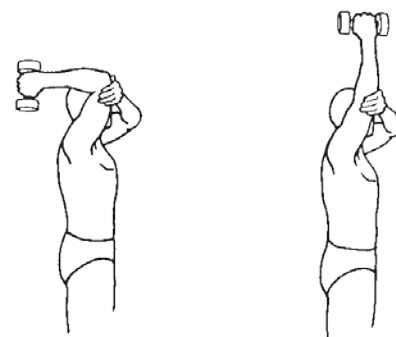
Stand or sit with shoulder blades set down and back.  
Keep stomach muscles tight and back straight.  
If you are standing, feet should be shoulder width apart and knees should be slightly flexed.  
Grasp dumbbells with palms facing your body.  
Raise one dumbbell turning the palm up as you bend the elbow, then slowly lower the dumbbell and repeat with opposite arm.  
Do not swing the dumbbell upward or jerk/bounce the dumbbell when the arm is extended.



Perform \_\_\_sets of \_\_\_reps, \_\_\_times/day  
Progress to \_\_\_sets of \_\_\_reps, \_\_\_times/day

### 8. Overhead Tricep Press

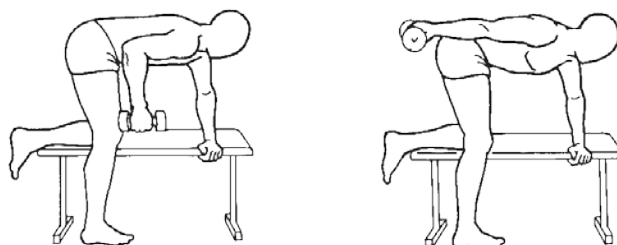
Stand or sit with your arm overhead and the elbow bent to 90° as pictured.  
Hold your arm just below the elbow with your opposite hand.  
Slowly extend your elbow and return to the start position.  
(Do not lock your elbow)



Perform \_\_\_sets of \_\_\_reps, \_\_\_times/day  
Progress to \_\_\_sets of \_\_\_reps, \_\_\_times/day

### 9. Tricep Kickback

Place your left knee on a bench with your left arm extended.  
Keep your arm in line with your body.  
Do not raise elbow above body.  
Keep your back straight and your head facing the floor (tighten stomach muscles)  
Set your right shoulder blade and begin with your right elbow bent at your side as pictured.  
Slowly extend your right elbow (do not lock elbow) and lower to start position.  
Your hand should face floor at end position.



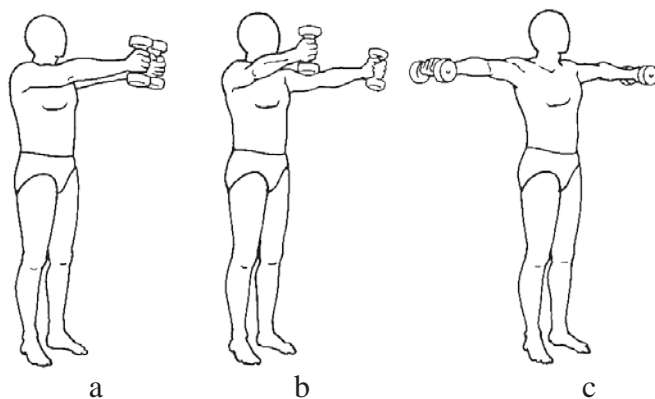
Perform \_\_\_sets of \_\_\_reps, \_\_\_times/day  
Progress to \_\_\_sets of \_\_\_reps, \_\_\_times/day

## 10. Shoulder Scaption, Flexion, Abduction

Stand with arms at your side and dumbbells in both hands, palms facing your side.

Shoulder blades should be set down and back.

- Flexion - Raise arms directly to the front to shoulder level, lower slowly and repeat. (Thumb should point up)
- Scaption - Raise arms up to shoulder level at a 30° angle from the front as pictured. Slowly lower and repeat. (Thumb should point up)
- Abduction - Raise arms directly to the side to shoulder level, lower slowly and repeat. \_\_\_\_\_palms face the floor.  
\_\_\_\_\_thumbs point up.



Perform \_\_\_\_\_sets of \_\_\_\_\_reps, \_\_\_\_\_times/day

Progress to \_\_\_\_\_sets of \_\_\_\_\_reps, \_\_\_\_\_times/day

## 11. Reverse Dumbbell Fly

Sit at the end of a chair or bench with your trunk bent over your legs.

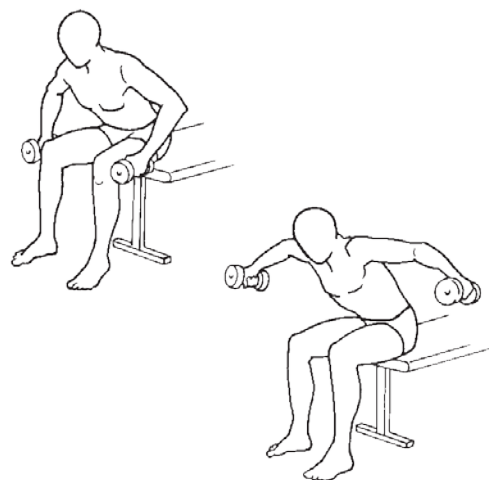
Keep your back straight and your head facing the floor (tighten your stomach muscles).

Grasp the dumbbells with your palms facing each other.

Hold the dumbbells on either side of your knees with your elbows slightly bent as pictured.

Set your shoulder blades first.

Lift both arms out to the side at shoulder level, slowly lower arms to the start position, then relax shoulder blades.



Perform \_\_\_\_\_sets of \_\_\_\_\_reps, \_\_\_\_\_times/day

Progress to \_\_\_\_\_sets of \_\_\_\_\_reps, \_\_\_\_\_times/day

## 12. Dumbbell Overhead Press

Sit or stand with shoulder blades set down and back.

Keep stomach muscles tight and back straight.

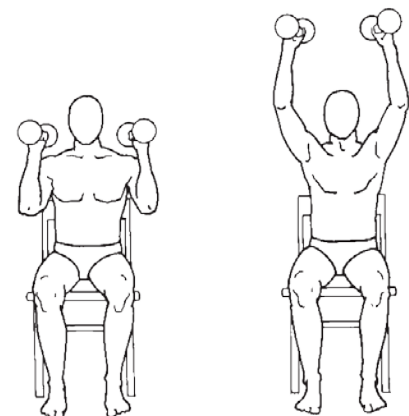
If you are standing, feet should be shoulder width apart and knees should be slightly flexed.

Grasp dumbbells with elbows bent and palms facing your body as pictured.

Lift both dumbbells over head, extending your elbow.

Slowly lower and repeat.

Do not lock elbow when it is overhead.



Perform \_\_\_\_\_sets of \_\_\_\_\_reps, \_\_\_\_\_times/day

Progress to \_\_\_\_\_sets of \_\_\_\_\_reps, \_\_\_\_\_times/day