

# Chair Based Thera-band Exercise Hand-booklet



## Description

The CARE programme is designed to improve physical performance during or post cancer treatment. However, the programme also provides to patients to join a community and a variety of participants to meet, greet, and to increase socializing involvement. Although, maintaining a minimum amount of muscular strength is essential for performing a wide range of everyday activities as you get older, especially after a variety of cancer treatments. This guide is designed for participants who may struggle with fatigueless, strength, and sudden reduced muscle mass to rebuild their physical performance to complete daily lifestyle activities by completing a range of chair-based Thera-band exercises.

It is known that taking part in physical activity does boost ones' physiological and psychological by participating in the gym, weights, resistant machines, fitness classes, Pilates, yoga, and sporting activities. However, this booklet is designed by the CARE (Cancer and Rehabilitation Exercise) department for participants who want to take part in low intensity exercise which revolve around Thera-band exercises.

The information sheet that has been presented by the CARE department contains general knowledge only. With, this handbook should not rely on instead of the opinion and advice of a medical professional. Furthermore, it is the readers responsibility to follow the correct procedure when completing the aligned exercises and the CARE department nor does Notts County FITC (Football in The Community Trust) accept any liability.

# Contents

Thera-band Forearm Rotation.....	5
Thera-band Bicep Curl.....	6
Thera-band Tricep Extension.....	7
Thera-band Shoulder Extension.....	8
Thera-band Chest Press.....	9
Thera-band Leg Press.....	10
Thera-band Glute.....	11

## Information

Frequency	We recommend participants should complete this hand booklet 2/3 times per week.
Intensity	All exercises which have been highlighted and detailed should be completed at a low/medium intensity. These exercises are to strengthen isolated muscle components thus, this programme is not designed for high intensity. Furthermore, with regards to repetition it is advised that each exercise should be in the range of 5-10 repetitions, with 3 /4 sets.
Time	It should be highlighted that this programme is not for the duration of a lengthy period. Although, we advise that the programme should be no longer than 30 minutes.
Type	With regards to exercises, there is no set limit or minimum amount of exercises that should be completed per session. This is based on the mobility, status, and physical ability of the participant. However, there is no set programme, but rather more of a indication of exercise to improve and increase muscle strength and mobility from completing certain exercises which may improve weaknesses of the participant.

## 1. Thera-band Forearm Rotation

### Purpose

The purpose of this movement is to improve the forearm muscles (anatomy of forearm picture). The whole purpose of this movement is to increase the strength disruption of gripping, holding, pressure, and movement throughout the forearm.

### Movement

The movement allows full rotation of the Thera-band and forearm muscles which allow the participant to engage all muscles. This can be completed with stretching or twisting the Thera-band (depending on the participants range of movement/mobility).

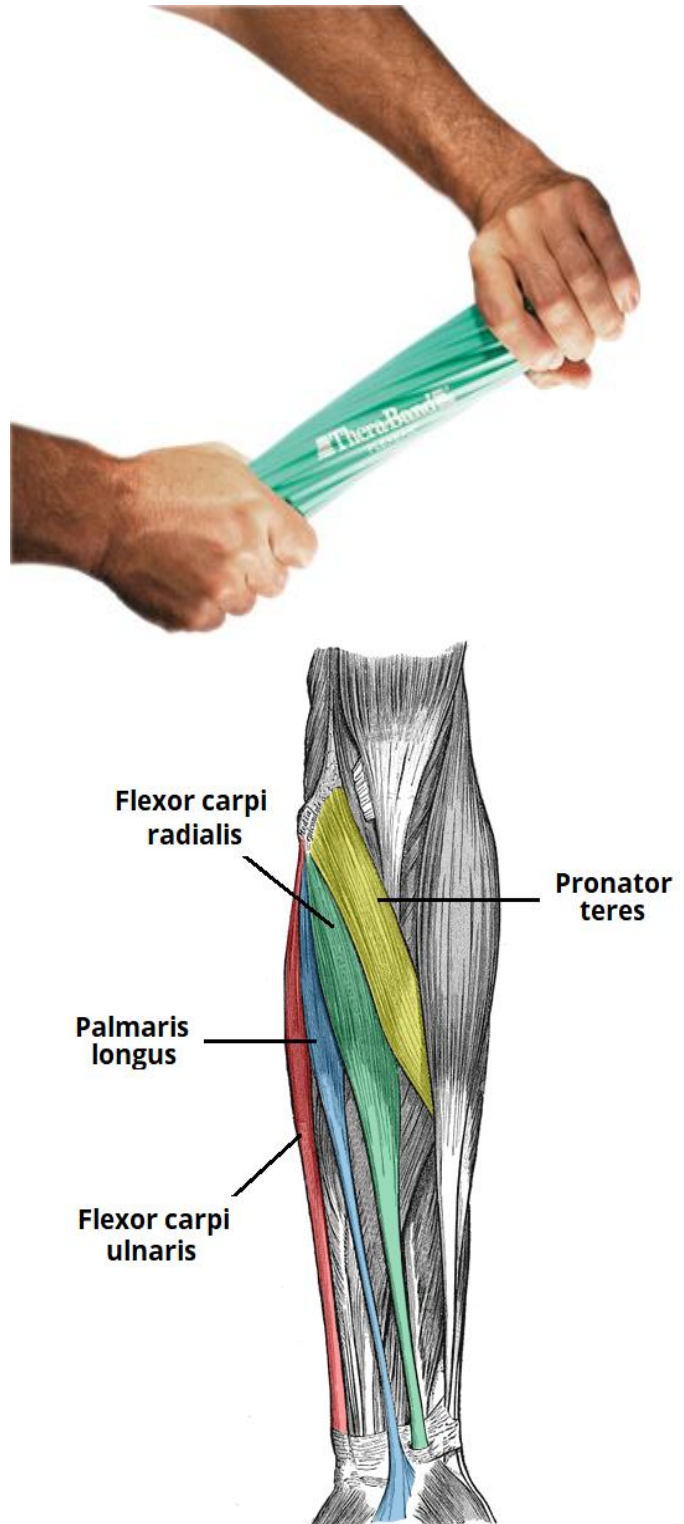
### Exercise

To complete this exercise, equally wrap the Thera-band to your adjustment and then either grip, pull, or twist until you feel pressure throughout your forearm.

### Workout

5/10 repetitions (twists, pulls, or stretches)

3/4 sets



## 2. Thera-band Bicep Curl

### Purpose

The purpose of this movement is to improve the bicep muscle (located on the anatomy bicep picture). The purpose of this movement is to increase the strength distribution of lifting, carrying, holding, and lifting activities.

### Movement

The movement allows excessive tension and force throughout the bicep muscle. This movement can be completed standing, sitting, lying down on your back, or with/without a band (an object).

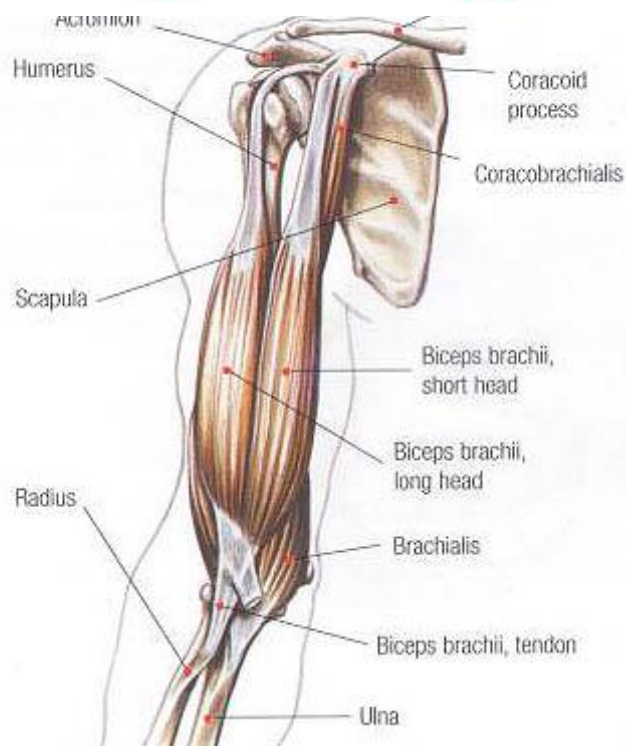
### Exercise

To complete this exercise, stand on or place the Thera-band in a secure and fastened object, grip the band, and move your arm up and down from your elbow joint, keeping a fixed position with your arm. (If unsure, please research further on positioning and exercise or ask a member of staff)

### Workout

5/10 repetitions

3/4 sets



### 3. Thera-band Tricep Extension

#### Purpose

The purpose of this movement is to improve the tricep muscle (located on the anatomy tricep picture). The purpose of this movement is to increase the strength distribution of lifting, carrying, holding, and lifting activities.

#### Movement

The movement allows a flexing and engaging muscle contraction located at the tricep. This movement can be completed by either sitting or standing, with or without a Thera-band.

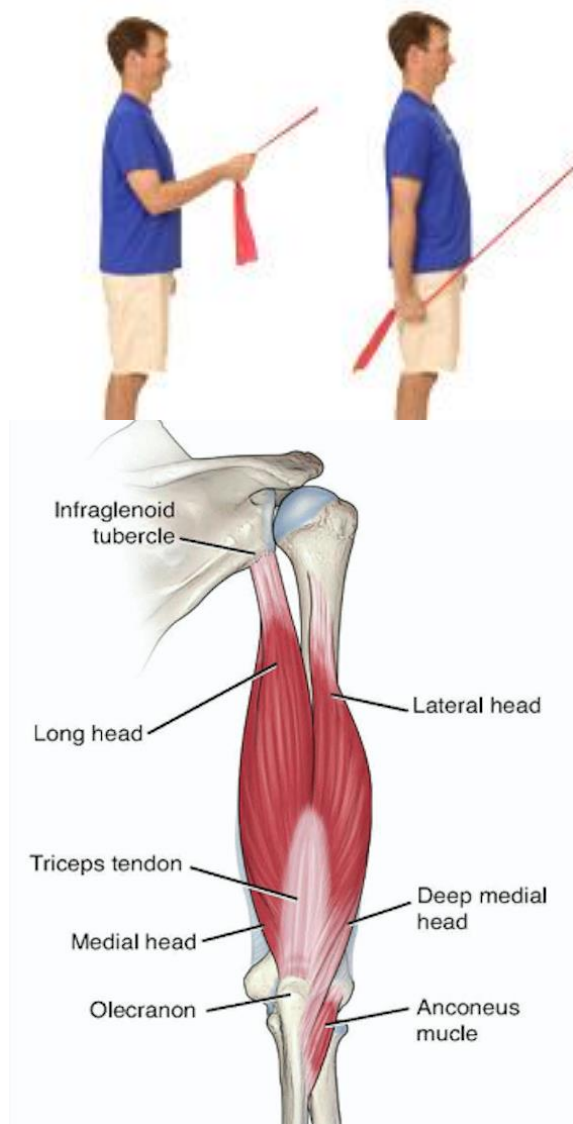
#### Exercise

To complete this exercise, stand on or place the Thera-band in a secure and fastened object, grip the band, and move your arm down and up from your elbow joint, keeping a fixed position with your arm. (If unsure, please research further on positioning and exercise or ask a member of staff). This movement is almost like the bicep exercise.

#### Workout

5/10 repetitions

3/4 sets





## 4. Thera-band Shoulder Extension

### Purpose

The purpose of this movement is to improve the deltoid muscle (located on the anatomy deltoid picture). The purpose of this movement is to increase the strength distribution of lifting, carrying, holding, and lifting activities.

### Movement

The movement allows a flexing and engaging muscle contraction located at the deltoid (shoulder). This movement can be completed by either sitting or standing, with or without a Thera-band.

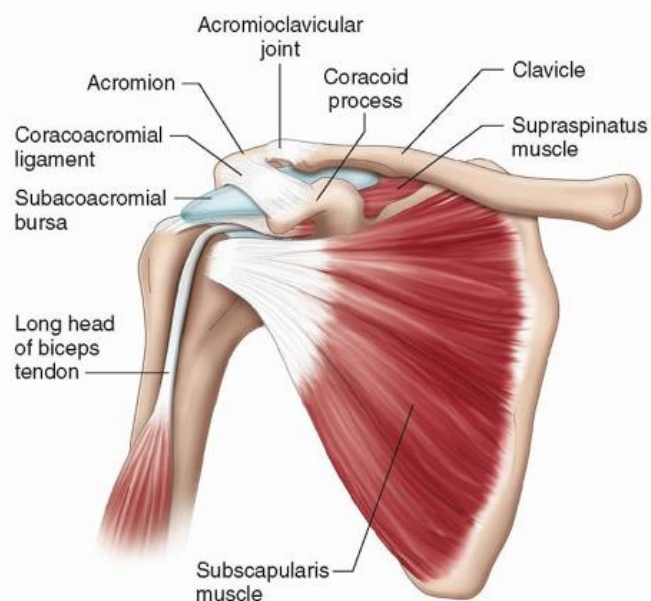
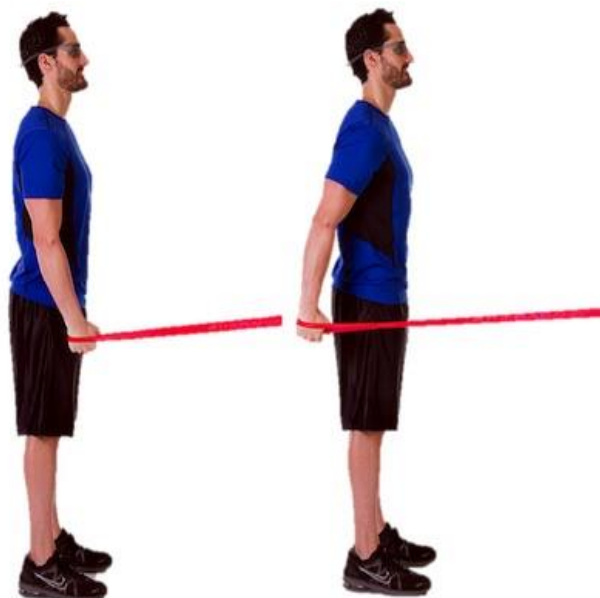
### Exercise

To complete this exercise, stand on or place the Thera-band in a secure and fastened object, grip the band, keeping your arm straight and pull down on the Thera-band to your hip, and then bring your arm back to the starting position.

### Workout

5/10 repetitions

3/4 sets





## 5. Thera-band Chest Press

### Purpose

The purpose of this movement is to improve the pectoral muscle (located on the anatomy pectoral picture). The purpose of this movement is to increase the strength distribution of pushing, holding, and lifting activities.

### Movement

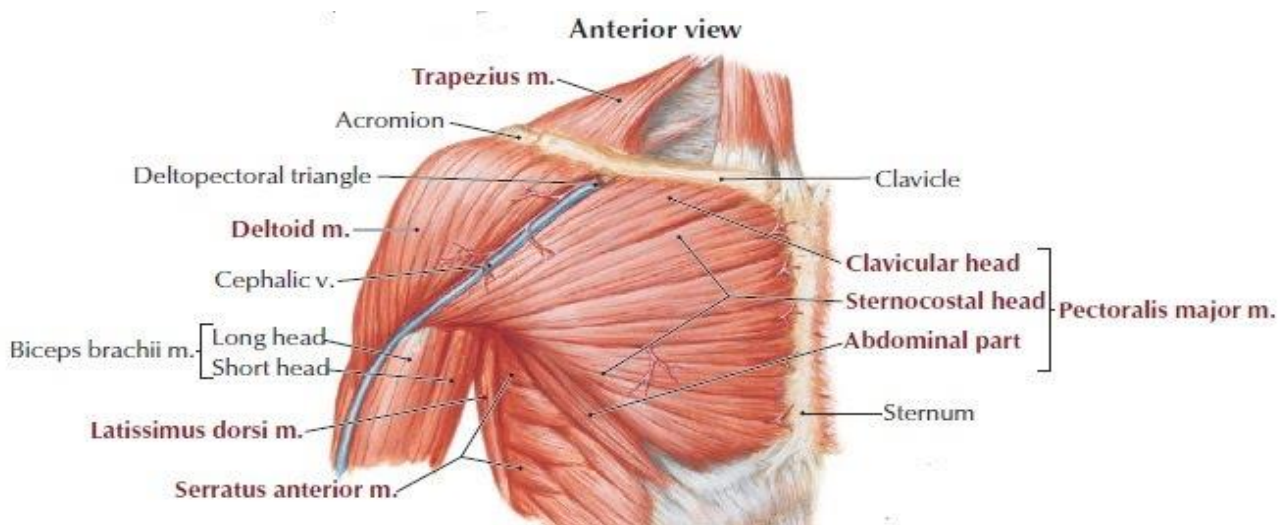
The movement allows a flexing and engaging muscle contraction located at the pectoral muscle. This movement can be completed by either sitting or standing, with or without a Thera-band.

### Exercise

To complete this exercise, hold on to both ends of the band, wrap the band around your back, and then push both arms out until straighten. If struggling, use a weaker band or hold both ends of the band further away.

### Workout

5/10 repetitions



## 6. Thera-band Leg Press

### Purpose

The purpose of this movement is to improve the quadricep and hamstring muscle (located on the anatomy leg picture). The purpose of this movement is to increase the strength distribution of pushing, holding, running, squatting, and walking movements.

### Movement

The movement allows a flexing and engaging muscle contraction located at the quadricep and hamstring muscle. This movement can be completed by either sitting or standing, with or without a Thera-band.

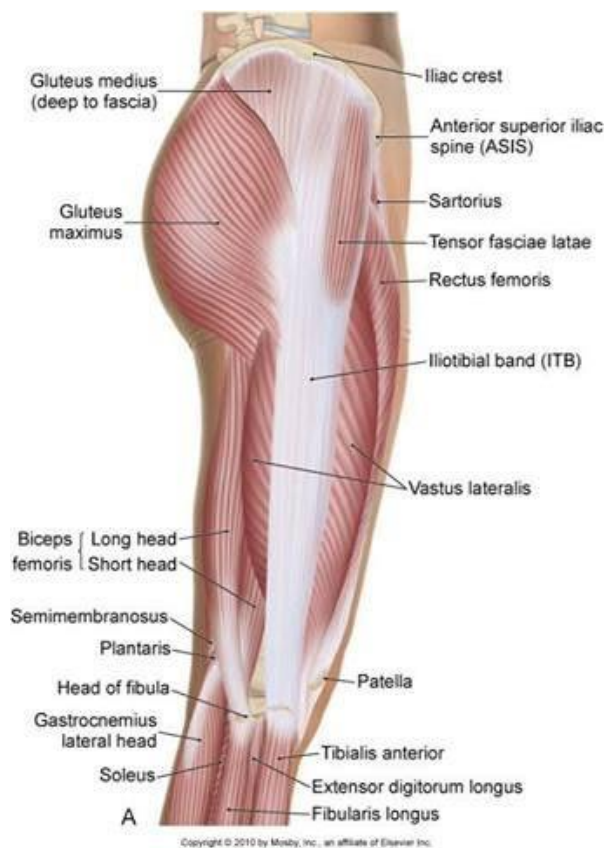
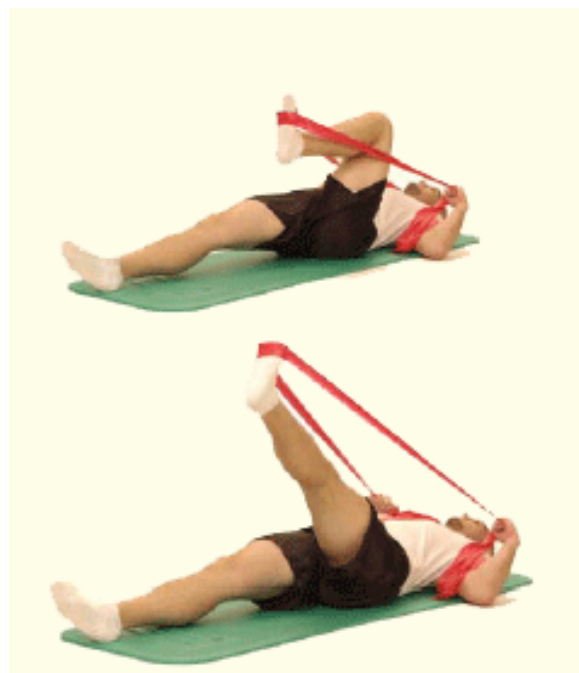
### Exercise

To complete this exercise, hold on to both ends of the band, wrap the band around your foot, and then push your leg out until straighten. Then, bring your leg back into the centre of your body or relax on the floor. If struggling, complete this movement without a Thera-band.

### Workout

5/10 repetitions

3/4 sets



## 7. Thera-band Glute

### Purpose

The purpose of this movement is to improve the Gluteus Maximus muscle (located on the anatomy picture). The purpose of this movement is to increase the strength distribution of pushing, holding, running, squatting, stability, and walking movements.

### Movement

The movement allows a flexing and engaging muscle contraction located at the Gluteus Maximus. This movement can be completed by either sitting or standing, with or without a Thera-band.

### Exercise

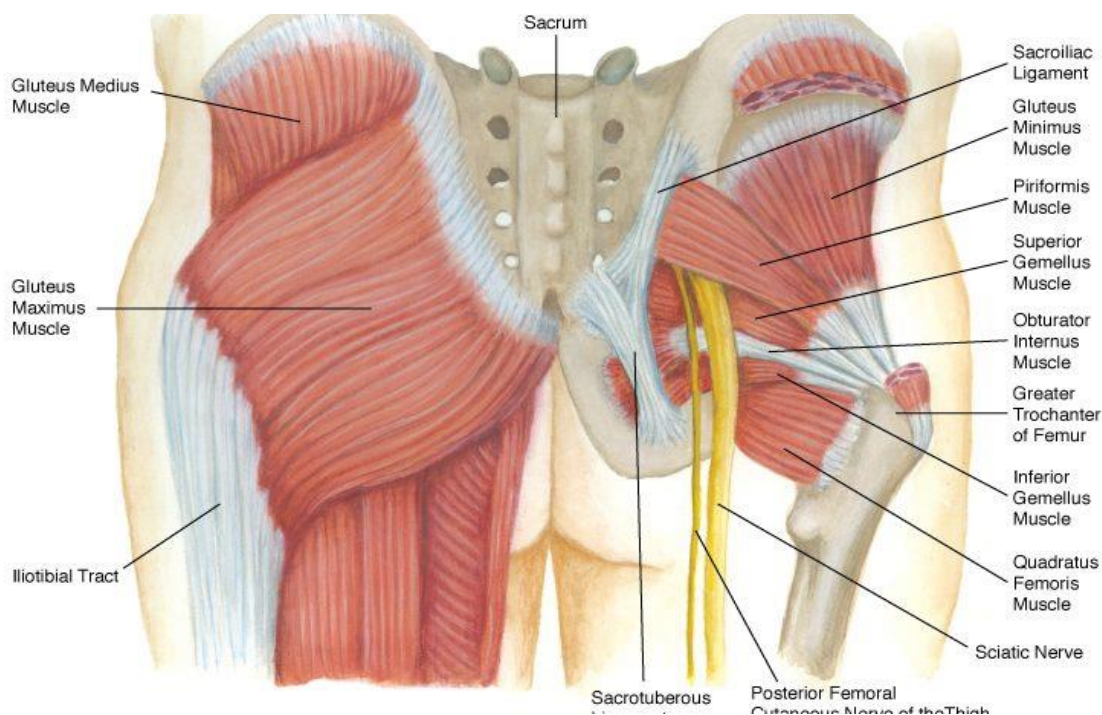
To complete this exercise, hold on to both ends of the band, wrap the band around your foot, and then push your leg out until straighten. Then, bring your leg back into the centre of your body or relax on the floor. If struggling, complete this movement without a Thera-band.



### Workout

5/10 repetitions

3/4 sets



## References

American College of Sports Medicine, and Pescatello, L. S. (2014). ACSM's guidelines for exercise testing and prescription. Philadelphia: Wolters Kluwer/Lippincott Williams & Wilkins Health.

American College of Sports Medicine, and Swain, D. P. (2014). ACSM's resource manual for guidelines for exercise testing and prescription. Philadelphia: Wolters Kluwer Health/Lippincott Williams & Wilkins