TuBall Rx* Rehabilitation Exercises

Rehabilitation compliance program focused on exercises for the **Upper Body**

*A TOP PRODUCT

WARM-UP: 5 minutes

Before beginning any exercise warm-up the muscles to avoid injury. Warm-up activities can include walking, biking, jogging, marching, stair climbing. The warm-up should be intense enough to cause some sweating.

STRETCHING: 5 minutes

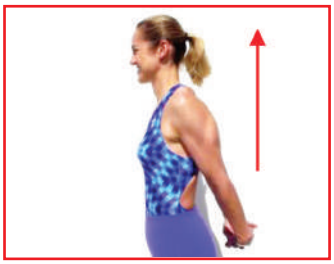
Breathe normally, exhale as you begin to move into position. Hold each stretch for 15 seconds, relax and repeat. Do not bounce. Focus on staying relaxed; moving slowly and smoothly.



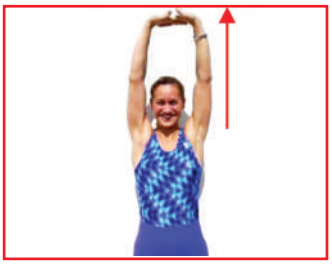
1. Stand with elbow against side at 90°. Squeeze shoulder blades and move forearm outwards. Keep wrist straight and forearm parallel to ground.



2. Stand upright. Grasp Oposite elbow and pull arm across body. Keep Shoulder level. Repeat same for other side.



3. Lace fingers behind your back. Lift arms up until you feel stretching. Keep your chest out, chin in, back straight.



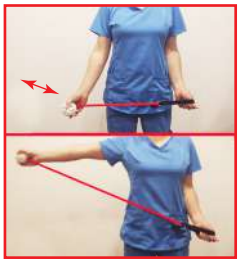
4. Stand upright. Interlock hands with palms facing up. Slowly raise arms above head. Hold arms above head. Don't arch back.

REHABILITATION ROUTINE: 10-15 minutes

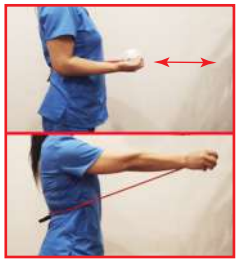
Designed to work the UPPER BODY muscles; specifically the shoulder complex (including the scapular muscles, rotator cuff, and large arm muscles) to prevent and rehab injuries.



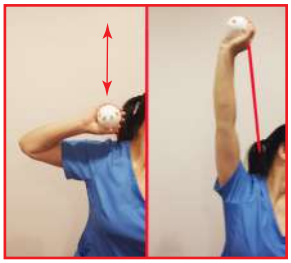
1. Stand with elbow against side at 90°. Squeeze shoulder blades and move forearm outward. Keep wrist straight and forearm parallel to the ground.



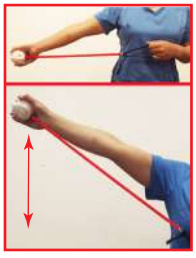
2. Start with elbow straight and diagonal to body. Squeeze shoulder blades together with palm of hand down. Lift arm to shoulder level and back down again.



3. Start with strap in one hand. Run tubing behind back. Hold ball in palm of other hand. Punch forward. Work on right or left side where appropriate.



4. Start with strap in one hand. Run tubing behind back. Hold ball in palm of other hand that is resting on the shoulder. Stretch ball hand up. Work on right or left side.



5. Hold tether in one hand at your waist. Hold ball in other hand with arm stretched out at waist. Raise ball above shoulder. Work on right or left side



6. Hold tether in the hand lying on opposite shoulder. With ball in palm of other hand, stretch arm and tubing. Trace the shape of a figure 8.



7. Relief for frozen shoulder. Strap tether to foot and hold end ball in palm of hand on the same side. Trace a small circle. Start with a small circle and increase the size of circle if possible. Work on right or left side where appropriate.

COOL DOWN: 3-5 minutes

Cooling down the body allows heart rate, blood pressure and breathing to return to normal and prevents muscle soreness. To cool-down, perform the given stretching routine again.

CAUTION! If you feel pain or discomfort, stop and consult a physician, rehab therapist, athletic trainer or other health professional. Top Results and their associates are not responsible for any injuries that result from using exercises shown on this sheet.