

Upper Body Exercises Using a Dowel Rod



These exercises will help improve your arm movement and strength. Use a dowel rod made from an old broom handle, cane, ball bat, yard stick, or three foot dowel rod for the following exercises.

Do all the exercises _____ times each, for _____ sets, _____ times a day,

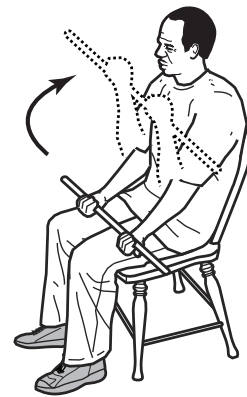
How to do these exercises

- It is best to do these exercises sitting on a hard, straight-back chair with your feet flat on the floor. Keep your head and back in an upright position. Avoid slumping or arching your back. Sitting in front of a mirror is helpful to see how you are sitting.
- Keep both arms as straight as possible, except when told to bend your elbows.
- Hold the dowel rod with your hands about 12 inches apart.
- All exercises should be done slowly and smoothly. Do not use fast or jerky movements.
- Do not push your arms beyond their limits. If it hurts, stop.

Exercises

Exercise 1

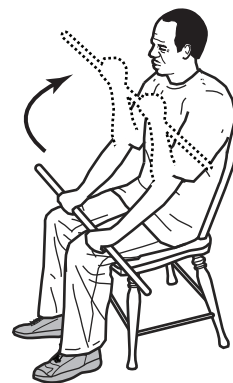
- Hold the dowel rod on your lap, palms facing up and with your elbows straight.
- Slowly bend your elbows, bringing the dowel rod up toward your chest.
- Straighten your arms back toward your knees again.



Exercise 2

- Hold the dowel rod on your lap, palms facing down and with your elbows straight.
- Slowly bend your elbows, bringing the dowel rod up toward your chest.

Straighten your arms back toward your knees again.



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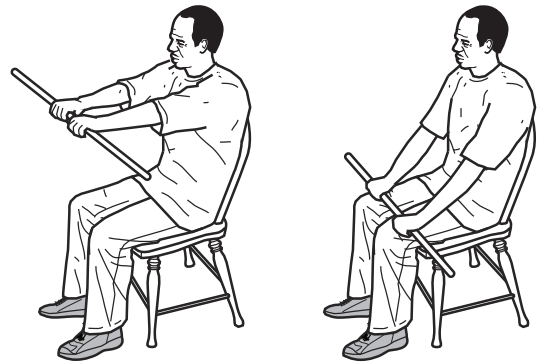
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Exercise 3

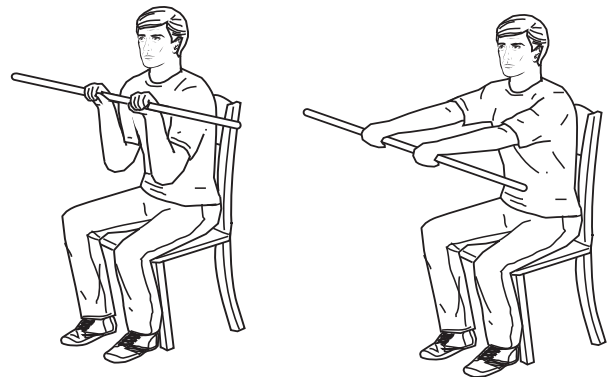
- With both arms straight out, raise the dowel rod to shoulder height, with your palms facing down.
- Bring the dowel rod toward your face, while bending your elbows and keeping them by your side.
- Straighten your arms and return them to the starting position.

**Exercise 4**

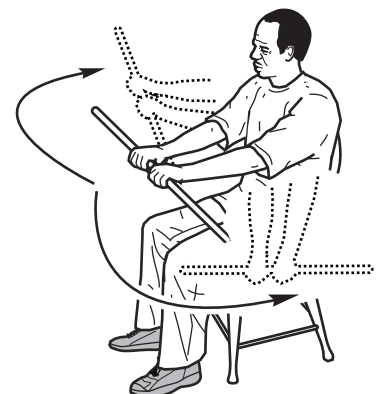
- Start with the dowel rod on your lap, with your palms facing down and keeping your elbows straight.
- Raise the dowel rod up to shoulder height.
- Lower the dowel rod back down.

**Exercise 5**

- Start with the dowel rod close to your chest, with your palms facing down.
- Extend your arms straight out at chest level.
- Bring your arms back to your chest.

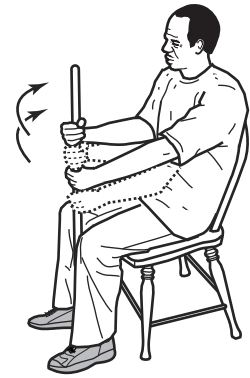
**Exercise 6**

- Keep your arms straight at shoulder height, with your palms facing down.
- Move your arms to the right as far as possible.
- Come back to the starting position and then move to the left as far as possible.



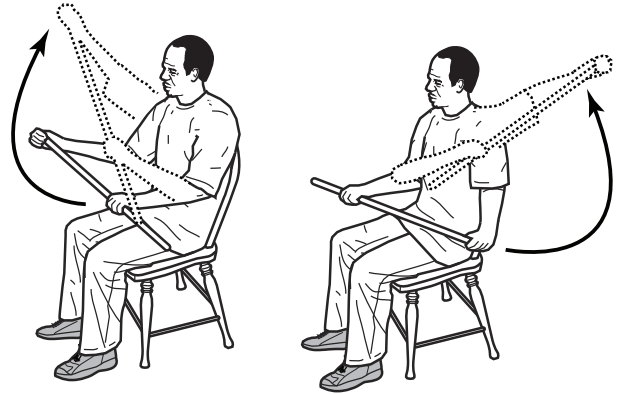
Exercise 7

- Place the dowel rod straight up in between your legs. Place your hands stacked one on top of the other.
- Slowly climb the dowel rod by placing one hand above the other up the dowel rod. Remember to keep both arms straight.
- Climb down the dowel rod the same way.



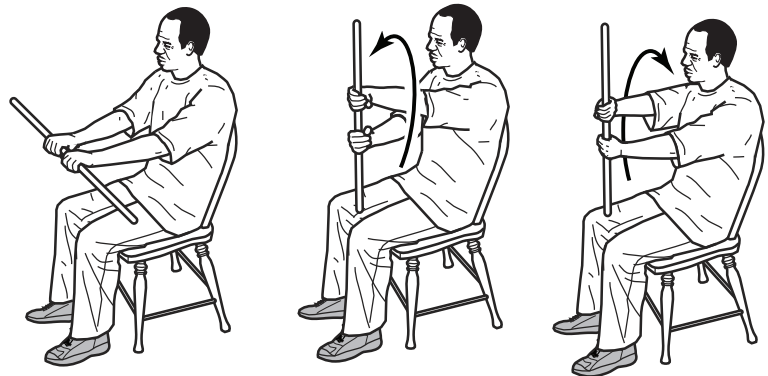
Exercise 8

- Grasp one end of the dowel rod in your left hand and put the tip of it in your right hand.
- Move the dowel rod to your right side of your body as high up toward your head as possible.
- Return to the starting position.
- Then, switch positions by grasping the end of the dowel rod in your right hand with the tip of it in your left hand. Move the dowel rod to your left side of your body as high up toward your head as possible.



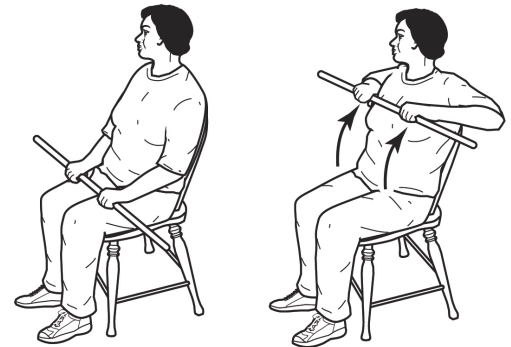
Exercise 9

- Hold the dowel rod straight out in front of you. Keep your elbows straight.
- Twist the dowel rod all the way to the left, then all the way to the right.



Exercise 10

- Start with the dowel rod on your lap, with your palms facing down.
- Straighten both arms toward your knees.
- Slowly bend your elbows, bringing the dowel rod up toward your chest, keeping your elbows up.
- Straighten your arms, bringing the dowel rod back toward your knees.



Talk to your doctor or health care team if you have any questions about your care.

For more health information, go to wexnermedical.osu.edu/patiented or contact the Library for Health Information at 614-293-3707 or health-info@osu.edu.