



**PHYSIO FOR YOU**

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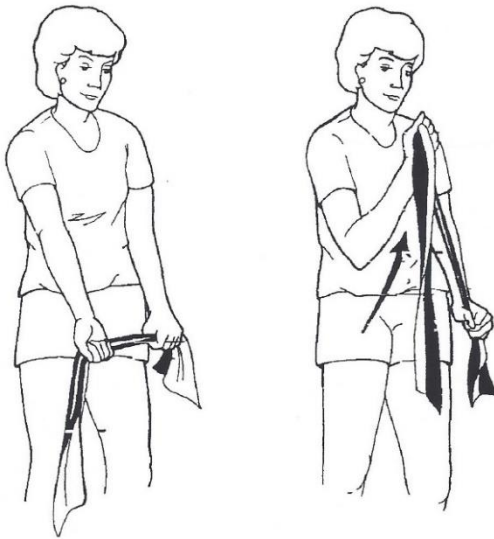
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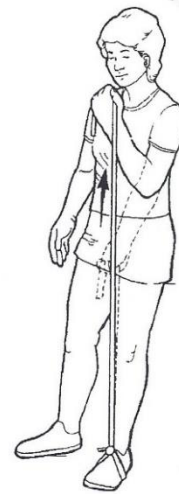
### Biceps and Triceps Exercises



Exercise 5 of 14

#### **FLEXION**

1. Stand holding elastic band with \_\_\_\_\_ palm facing forward as shown
2. Bend elbow as shown
3. Hold \_\_\_\_\_ seconds, slowly lower
4. \_\_\_\_\_ repetitions, \_\_\_\_\_ times per day



Exercise 6 of 14

#### **FLEXION**

1. Stand holding elastic tubing with \_\_\_\_\_ hand and the other tied to foot as shown
2. Keep palm facing forward as shown
3. Bend elbow as shown
4. Hold \_\_\_\_\_ seconds, slowly lower
5. \_\_\_\_\_ repetitions, \_\_\_\_\_ times per day



Exercise 7 of 14

#### **EXTENSION**

1. Lie on back with \_\_\_\_\_ elbow bent and pointing directly upward
2. Support the arm with the other hand as shown
3. Straighten the elbow
4. Hold \_\_\_\_\_ seconds, slowly lower
5. \_\_\_\_\_ repetitions, \_\_\_\_\_ times per day



Exercise 8 of 14

#### **EXTENSION**

1. Hold elastic band as shown, with \_\_\_\_\_ hand on bottom
2. Straighten the elbow as shown, holding firmly to the other end to provide resistance
3. Hold \_\_\_\_\_ seconds, slowly relax
4. \_\_\_\_\_ repetitions, \_\_\_\_\_ times per day