



Gordon I Groh MD, MBA

Shoulder, Elbow & Hand Surgery

American Shoulder and Elbow Surgeons
American Society for Surgery of the Hand
American Academy of Orthopedic Surgeons

Asheville Orthopedic Associates

An Affiliate of Mission Health

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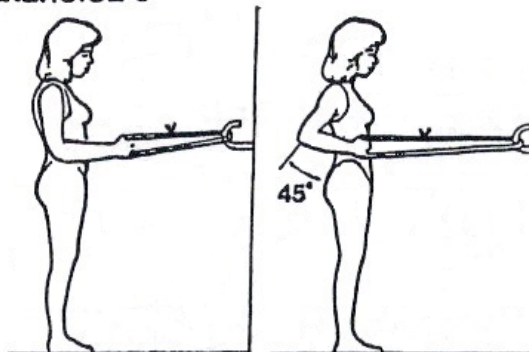
828 252 7331 – www.DrGordonGroh.com

Theratube Strength Program

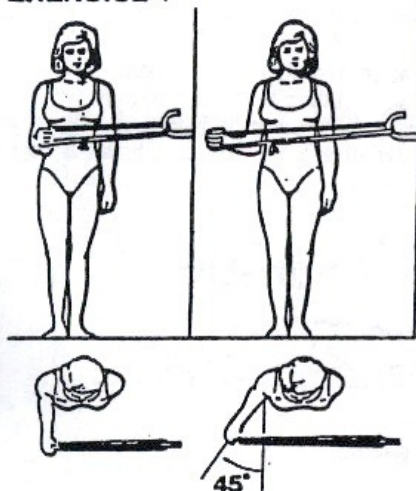
Do each exercise _____ times. Hold each time for _____ counts. Do exercise program _____ times per day.

Begin with Yellow Theraband _____ weeks.
Then use Red Theraband for _____ weeks.
Then use Green Theraband for _____ weeks.
Then use Blue Theraband for _____ weeks.
Then use Black Theraband for _____ weeks.
Then use Gray Theraband for _____ weeks.

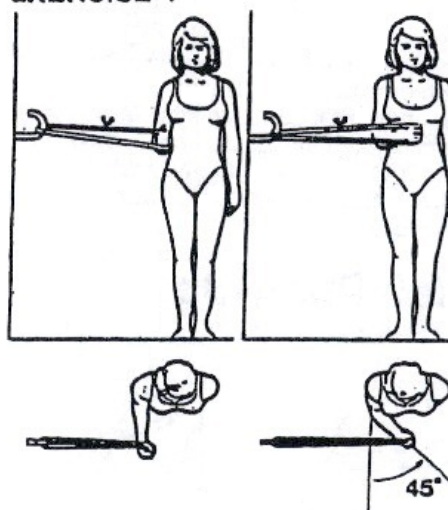
EXERCISE 3



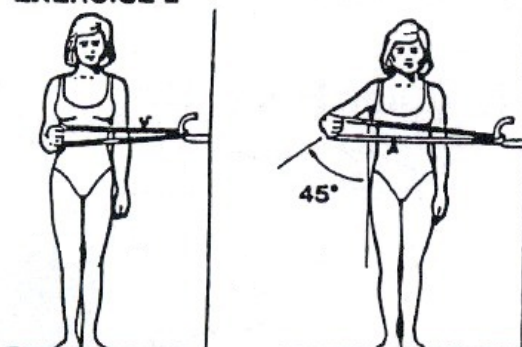
EXERCISE 1



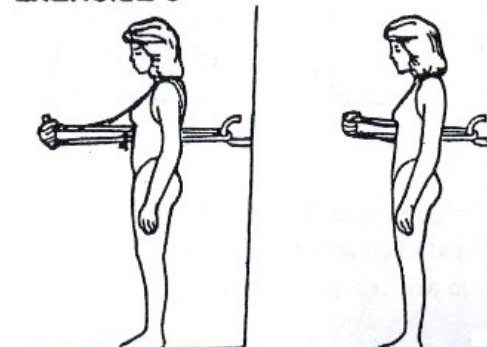
EXERCISE 4



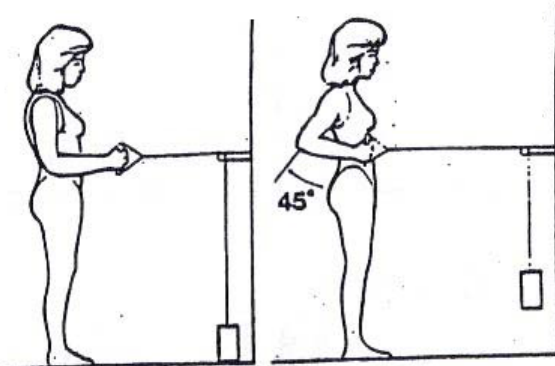
EXERCISE 2



EXERCISE 5

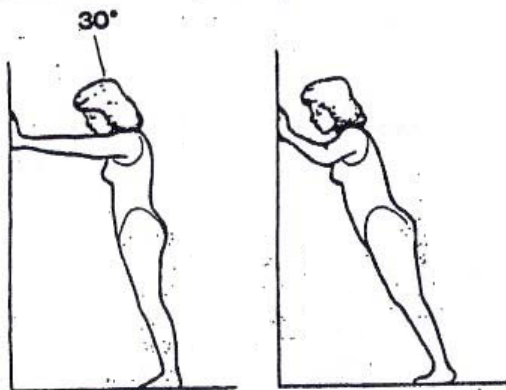


Pulley kit and weight exercise



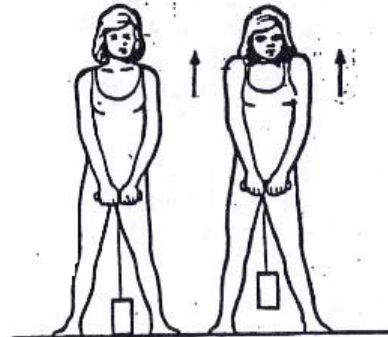
Do each exercise _____ times.
 Hold each time for _____ counts.
 Do exercise program _____ times a day.
 Begin with 10 lbs. of weight and add
 3 lbs. every three weeks until _____ lbs.
 of weight are obtained.

Wall Push-Up



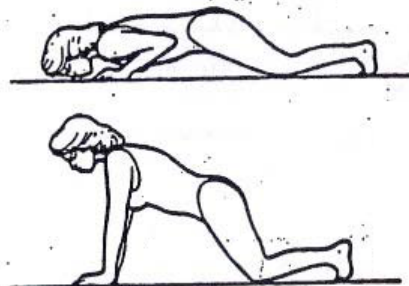
Do each exercise _____ times.
 Hold each time for _____ counts.
 Do exercise program _____ times a day.

Shoulder Shrug



Do each exercise _____ times.
 Hold each time for _____ counts.
 Use _____ pounds of weight.
 Do exercise program _____ times a day.

Knee Push-Up



Regular Push-Up

