

Chair Exercise 4

Bicep curls

Difficulty level: easy

Benefits for example:

- maintains and improves strength and range of movement of your elbow
- this enables you to:
 - * feed yourself
 - * helps reduce swelling in your arms making them less heavy
 - * pull yourself forwards to stand up using standing equipment
 - * move to the edge of the chair in preparation for standing up
 - * pull on banisters to help climb up stairs.

Instructions

Please do this exercise when you are sitting in your chair.

Straighten and bend your elbow.

Repeat _____ times, _____ times a day



Progression of exercise:

Resisted?

Complete this exercise with a weight in your hand.

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