







Elastic Resistance Band Exercise Program for People with Fibromyalgia*





By Phil Page, PT, ATC, MS, CSCS, CKTP





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Perform concentric phase (stretching band) slower than eccentric phase (return). Pause 4 seconds between each repetition. Be sure there is no tension in the band at the end of each rep; allow it to completely relax. Perform single sets, begin with 4 to 5 repetitions, and progress to 12 reps. Progress to next color band as strength improves. Include 5 to 10 minutes of warm-up and cool down with gentle stretching.

Plantarflexion		Loop middle of band or tubing around your foot. Hold the ends of the band as you push your foot downward. Hold and slowly return.
Dorsiflexion		Loop middle of band or tubing around your foot. Bring both ends of the tubing under your opposite foot and grasp the ends. Lift your ankle upward as you hold the tubing down with your other foot. Hold and slowly return.

Knee Extension		<p>Connect one end of the band or tubing around your ankle. Place the other end under your opposite foot and grasp in your hand. Extend your knee as you hold the band down with your other foot. Hold and slowly return.</p>
Knee Flexion		<p>Connect one end of the band or tubing around your ankle. Place the other end under your opposite foot and grasp in your hand. Flex your knee as you hold the band down with your other foot. Hold and slowly return.</p>
Leg Press		<p>Loop middle of band or tubing around your foot. Hold the ends of the band as you extend your hip and knee. Hold and slowly return.</p>
Hip Extension		<p>Stand with a band or tubing looped around your ankles. Slowly extend your leg, keeping your knees straight. Hold and slowly return.</p>

Ab Curl		Lay on exercise ball under the small of your back. Curl your trunk upward. Hold and slowly return.
Back Extension		Lay on exercise ball under your hips. Lift your trunk off the ball so your trunk is in line with your legs. Don't hyperextend your back or neck. Hold and slowly return.
Chest Press		Place middle of band or tubing behind your upper back. Grasp ends of band at chest level and extend your elbows. Hold and slowly return.
Lat pull down		Grasp both ends of band or tubing slightly overhead. Pull ends of band downward and outward behind your head. Hold and slowly return.

Seated Row		<p>Attach the middle of the band or tubing in front of you. Grasp both ends of band and pull towards your hips. Hold and slowly return.</p>
Lateral Raise		<p>Stand on the middle of the band or tubing. Grasp ends by your sides. Lift your arms outward, keeping your shoulders straight.</p>
Elbow Curl		<p>Stand on the middle of the band or tubing. Grasp the ends of the band with elbows straight. Bend your elbows, lifting your hands upward. Hold and slowly return.</p>
Elbow extension		<p>Stand on the middle of the band or tubing. Grasp one end with your elbow bent and shoulder extended. Keeping your elbow behind your body, extend your elbow. Hold and slowly return.</p>

1-leg balance		Stand on one leg, keeping your trunk from leaning or rotating. Hold for 10 to 30 seconds and repeat. Increase the challenge by closing your eyes while you maintain your balance.
Balance on Stability Trainer		Stand on Stability Trainers. Increase the challenge by standing on one leg while maintaining an upright posture. Progress to softer Blue Stability Trainers. Hold for 10 to 30 seconds and repeat.

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*These exercises are based on the following research:

Jones KD, Burckhardt CS, Clark SR, Bennett RM, Potempa KM. A randomized controlled trial of muscle strengthening versus flexibility training in fibromyalgia. *J Rheumatol.* 2002 May;29(5):1041-8. <http://www.ncbi.nlm.nih.gov/pubmed/12022321>

Jones KD, Burckhardt CS, Deodhar AA, Perrin NA, Hanson GC, Bennett RM. A six-month randomized controlled trial of exercise and pyridostigmine in the treatment of fibromyalgia. *Arthritis Rheum.* 2008 Jan 31;58(2):612-622. <http://www.ncbi.nlm.nih.gov/pubmed/18240245>