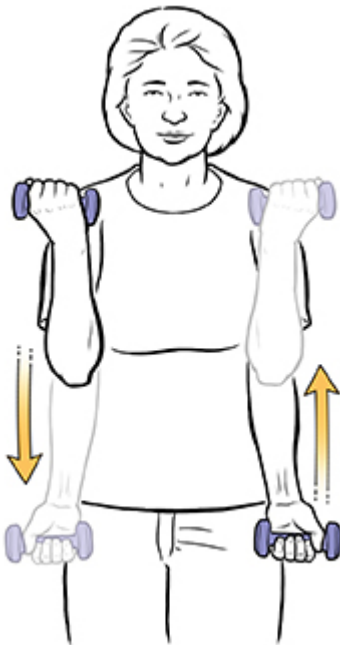


Arm Exercises: Biceps Curl

This exercise stretches and strengthens your arms. Before starting this exercise, talk about it with your healthcare provider and read through all the instructions. During the exercise, breathe normally and use smooth movements. Stop if you feel any pain. If pain persists, call your healthcare provider.

Here are the steps for the biceps curl:

- Hold a ____ pound weight in each hand, with your palms facing your body. Tuck your arms close to your sides. Ask your physical therapist or healthcare provider how much weight to use.
- Bend your left elbow and raise the weight to your left shoulder. As you lower that weight, bend your right elbow and raise the weight to your right shoulder. Continue to alternate arms.
- Repeat ____ times. Do ____ sets ____ times a day.



Caution

Keep your arms close to your body throughout the exercise.