Memorial Sloan Kettering Cancer Center

PATIENT & CAREGIVER EDUCATION

# How to do Arm and Shoulder Exercises With and Without Theraband

This video will show you how to do several arm exercises to help you improve the strength and endurance in your arms and prevent stiffness.

Please visit www.mskcc.org/pe/arm-shoulder-exercises to watch this video.

This video was published in December 2018. It was last reviewed for accuracy in September 2026.

If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.

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