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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](http://www.mskcc.org/pe/arm_shoulder_exercises) to watch this video.

If you have any questions, contact a member of your care team directly. If you're a patient at MSK and you need to reach a provider after 5 p.m., during the weekend, or on a holiday, call 212-639-2000.

For more resources, visit [www.mskcc.org/pe](http://www.mskcc.org/pe) to search our virtual library.

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