



Exercise program

BENT OVER ROW

Myeloma Canada is pleased to partner with REVIVE Physiotherapy & Exercise on a pilot exercise project as part of our wellness program.

Here are a series of exercises you can perform at home to help increase your function and manage some of your pain.

BENT OVER ROW | SINGLE EXERCISE

Step 1

- Place your bent knee and coordinating hand on a bench to support your upper body.
- Bring your free arm to your side and bend your elbow up to a 90° angle towards the ceiling.



Step 2

- Bring your shoulder blade back and around your ribcage.
- Create some tension within the muscles between your shoulder blades.
- Work between three (3) sets of five (5) to eight (8) repetitions per side.



ALTERNATIVE | WITH LIGHT WEIGHT

Step 1

- Place your bent knee and coordinating hand on a bench to support your upper body.
- Try doing the same exercise using a lightweight.



Step 2

- Bring your elbow up towards the ceiling.
- Strengthen your upper body by weight-bearing on one arm and strengthening the shoulder complex of the other.
- Work between three (3) sets of five (5) to eight (8) repetitions per side.



None of these exercises should cause you any sort of pain. If you are experiencing pain during an exercise, stop, take a break, and use the mildest exercise in the series. Your doctor's approval is required.

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