

Non-Weight Bearing Resistance Exercises



Upper body:

While seated, certain exercises such as shoulder press, lateral raises, biceps curl, reverse flyers, chest press (band/free weights), seated row (band), lats pull down (band) and abdominal curl/seated reverse crunch can be performed



Lower body:

Straight leg raises (supine and long sit), side lying hip abduction, knee extension (ankle weights/band), prone hip extension, knee flexion (ankle weights/band).

Depending on the location of your ulcer, you may be able to do seated calf press (band), double/single leg bridge.