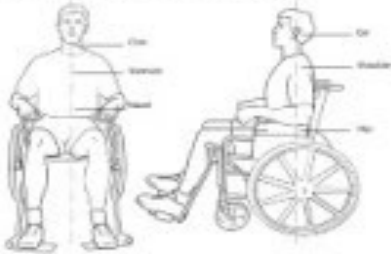


Wheelchair Exercises

GENERAL GUIDELINES: POSTURE TIPS



- All exercises are to be done with proper posture (PP)
- Sit as erect as possible. Sit on ischium bones not tailbone.
- Frontal View: Chin over Sternum, Sternum over Navel
- Side View: Ear over Shoulder, Shoulder over Hip.

SHOULDER - 3 Active ROM Flexion

One arm straight, at side of chair, make fist, thumb up. Then slowly raise arm toward ceiling. Attempt to keep shoulder blades together. Hold 10 seconds.

Repeat 10 times each arm, alternating. Do 3 sessions per day.



SHOULDER - 5 Active ROM in Horizontal Abduction / Adduction

Holding arms out in front, hands clasped, move arms out to one side then return. Repeat to other side. Keep arms parallel to floor.

Repeat 10 times. Do 3 sessions per day.



CHEST - 2 Horizontal Press

Exercise band around back and under arms, hold ends near chest. Extend arms straight out in front.

Repeat 10 times. Do 3 sessions per day.



UPPER BACK - 6 High Lat Pull

Facing overhead anchor, grasp ends of band and pull hands toward chest, squeezing shoulder blades together, elbows close to body. Hold 5 seconds.

Repeat 10 times. Do 3 sessions per day.

— Do with one arm at a time.

Caution: Be sure anchor is secure.



CHEST - 6 Incline Press

Exercise band around back and under arms, hold ends near chest. Extend arms forward and up at 45° angle.

Repeat 10 times. Do 3 sessions per day.



UPPER BACK - 5 Shoulder Retraction

Facing chest height anchor, grasp ends of band and pull hands to chest, squeezing shoulder blades together. Hold 5 seconds.

Repeat 10 times. Do 3 sessions per day.

Safety Note: Be sure anchor is secure.



UPPER BACK - 3 Hug (Static)

Wrap arms around body and hug. Hold 30 seconds. Repeat with other arm in top position.

Repeat 3 times. Do 3 sessions per day.



CHEST - 3 Handle Stretch (Static)

Place one arm behind a handle of wheelchair. Hold 30 seconds.

Repeat 3 times each arm, alternating. Do 3 sessions per day.

