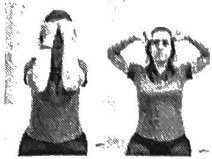


1



Pec Stretch

Place hands on forehead OR behind head if can. Slowly roll your elbows out and back. Hold 20-30 seconds. 2x.

ALTERNATE:
Overhead Y stretch as you lean back & look up.

Repeat 2 Times
Hold 5 Seconds
Complete 1 Set
Perform 1 Times a Day

2



Seated Trunk Rotation Stretch

Sit up as tall as possible. Twist one direction with hand over chair, using opposite hand to pull your knee. Exhale to increase the rotation and stretch. Hold 20-30 seconds.

Slowly twist the opposite direction & repeat.

Repeat 2 Times
Hold 30 Seconds
Complete 1 Set

3



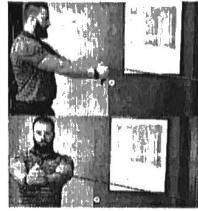
Seated Prayer/Lat Stretch

Flex upper body forward while holding on to wand/stick OR hands together. Chin to chest and let head relax. Round your back to feel a stretch 20-30".

Can move your arms to either side to alter the stretch also.

Repeat 2 Times
Hold 30 Seconds
Complete 1 Set
Perform 1 Times a Day

4



Core Twist with TheraBand OR weight.

Band in front anchored, with shoulder blades back. Rotate torso to side then slowly return to starting position. Twist opposite direction slowly.

Synchronize your breath each time.

Repeat 10 Times
Hold 2 Seconds
Complete 3 Sets

5



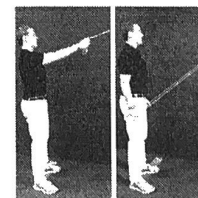
Seated Reaches

Sit up with good posture and reach out as far as you safely can in diagonal direction-keeping thumb up. Feel a stretch on opposite side. Slowly come back to midline. Reach opposite side.

Use Diagonal reaches or 10:00 and 2:00. Head and eyes up! Try different heights also.

Repeat 10 Times
Hold 2 Seconds
Complete 3 Sets

6



Lat pulls with theraband

Anchor bands higher than your head. Start with your arms straight out in front of you at shoulder height. Pull bands down next to your body and then slowly return to the starting position.

Repeat 10 Times
Complete 3 Sets

7



ELASTIC BAND W's - ER

Holding elastic band with both hands, draw back the band as you bend elbows and pull your shoulder blades back to make a letter "W".

Repeat 10 Times
Hold 5 Seconds
Complete 3 Sets

Video # VYTGK6S7

8



BAND HORIZONTAL "T" ABDUCTION

Hold your elastic band in front of you with elbows straight, pull the band outward away from your body.

Try this with thumbs & palms UP.

Slowly let it recoil.

Repeat 10 Times
Hold 3 Seconds
Complete 3 Sets

9



Band Pec/Serratus Press

Now wrap it behind your back. Perform a pec press as you reach to make your arm as "long" as possible

Be sure to change the angle of your arm to get strength in different ranges of motion.

Repeat 10 Times
Hold 5 Seconds
Complete 3 Sets

Video # VYNUMM8G

10



Tricep Press or Dips

Position yourself seated in your wheelchair with breaks lock. Place both hands on the arms rests OR seat edge and slowly lift up by straightening your arms.

Repeat 10 Times
Hold 10 Seconds
Complete 3 Sets

Progress to subtle weight shifts side/side, looking side/side or up/down for challenges.