

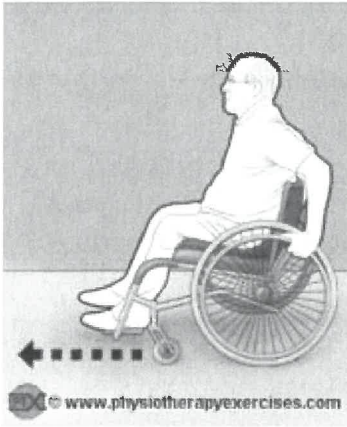
C6-C7



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Exercise Booklet

Pushing on flat ground



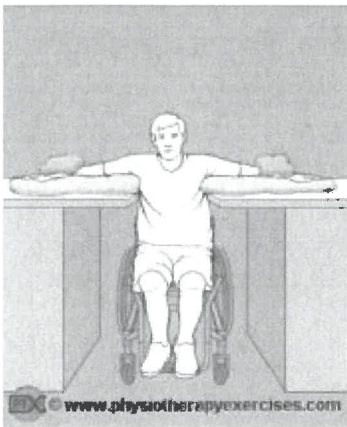
Client's aim

To improve your fitness and strengthen your shoulders.

Client's instructions

Position yourself sitting in your wheelchair. Practice pushing on flat ground.

Shoulder adductor and forearm supinator stretch in sitting



Client's aim

To stretch or maintain range in your shoulders, arms and wrists.

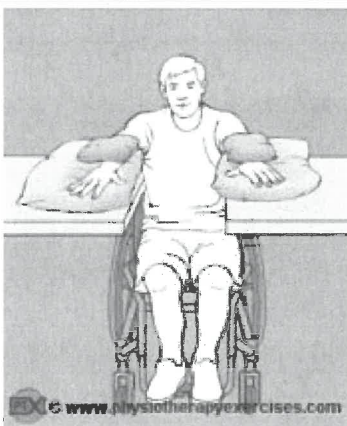
Client's instructions

Position yourself sitting with your arms supported on a table. Position your arms out to the side with your elbows straight and your palms facing downwards. Place a weight over your wrist.

Precautions

1. Impaired or absent sensation of stretch. 2. Shoulder pain.

Shoulder extensor and forearm supinator stretch



Client's aim

To stretch or maintain range in your shoulders, arms and wrists.

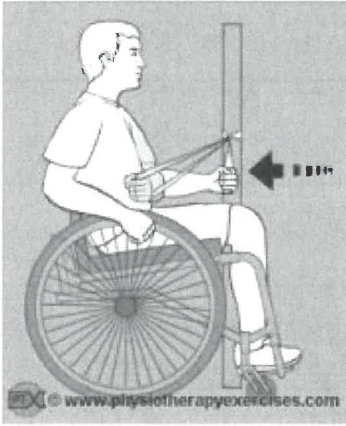
Client's instructions

Position yourself sitting with your arms supported on a table. Position your arms out in front of your body with your elbows straight and your palms facing downwards. Place a weight over your wrist.

Precautions

1. Impaired or absent sensation of stretch. 2. Shoulder pain.

Shoulder internal rotator strengthening in sitting using theraband



Client's aim

To strengthen your shoulder muscles.

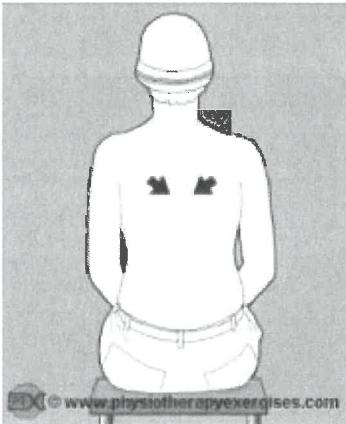
Client's instructions

Position yourself sitting side-on to the theraband. Adjust the theraband so that the direction of pull is in alignment with the height of your elbow. Start with your near hand away from your chest and your elbow bent. Finish with your hand across your body. Ensure that you keep your elbow bent and tucked in beside your body.

Precautions

1. Ensure that the chair does not tip backwards.

Shoulder retractor strengthening in sitting



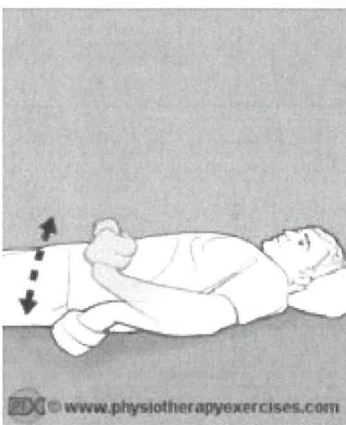
Client's aim

To strengthen the muscles at the back of your shoulder.

Client's instructions

Position yourself sitting up straight. Practice pulling your shoulders backwards and downwards.

Wrist extensor strengthening in supine using free weights

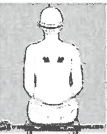



Client's aim

To strengthen your wrist muscles.

Client's instructions

Position yourself lying on your back with a weight attached around your hand. Start with your wrist dropped downwards. Finish with your wrist pulled upwards.

	1							
	Wk 2							
	Wk 1							
	Wk 2							
	Wk 1							
	Wk 2							