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# Exercise Booklet

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## Active cycle for upper limbs

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### **Client's aim**

To improve your fitness.

### **Client's instructions**

Position yourself sitting in your wheelchair with your hands in the paddles of the active cycle. Cycle with your hands.

### **Precautions**

1. Check for pressure marks in areas where sensation is absent or impaired.

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## Ankle plantarflexor stretch using a foam block

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### **Client's aim**

To stretch or maintain range in your ankle.

### **Client's instructions**

Position yourself lying on your back with your feet resting against a foam block at the end of the bed. Place a pillow under your calves to raise your heels off the bed.

### **Precautions**

1. Impaired or absent sensation of stretch.

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## Elbow flexor strengthening in sitting using free weights

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### **Client's aim**

To strengthen your biceps.

### **Client's instructions**

Position yourself sitting with your arm down beside your body. Start with your elbow straight. Finish with your elbow bent. Ensure that you keep your elbow tucked in beside your body.

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## Elbow flexor stretch in supine

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### **Client`s aim**

To stretch or maintain range in your elbow.

### **Client`s instructions**

Position yourself lying on your back with your arm beside your body and your elbow held straight over a rolled towel. Place a weight over your wrist joint.

### **Precautions**

1. Impaired or absent sensation of stretch.

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## Passive finger and hand movements

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### **Client`s aim**

To stretch or maintain range in your hand.

### **Client`s instructions**

Position yourself sitting with your wrist bent. Instruct a carer/therapist to passively move your finger joints while holding your wrist bent down.

### **Precautions**

1. Preserve tenodesis grasp.

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## Shoulder adductor and forearm supinator stretch in sitting

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### **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.

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## Shoulder extensor and forearm supinator stretch

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### **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.

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## Shoulder extensor strengthening in sitting using free weights

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### **Client's aim**

To strengthen the muscles at the back of your shoulder.

### **Client's instructions**

Position yourself sitting in a chair. Start with your arm beside your body. Finish with your arm behind your body. Ensure that you keep your elbow straight.

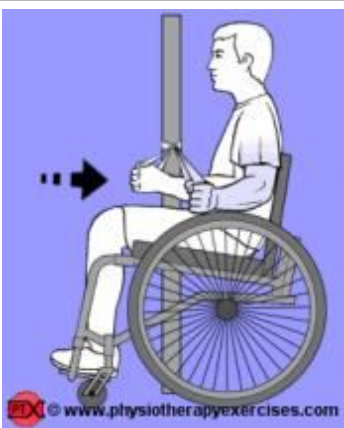
### **Precautions**

1. Ensure that the chair does not tip backwards.

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## Shoulder external rotator strengthening in sitting using theraband

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### **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 far hand across your body and your elbow bent. Finish with your hand out to the side. Ensure that you keep your elbow bent and tucked in beside your body.

### **Precautions**

1. Ensure that the chair does not tip backwards.

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## Shoulder flexor strengthening in sitting using free weights

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### **Client's aim**

To strengthen the muscles at the front of your shoulder.

### **Client's instructions**

Position yourself sitting in a chair. Start with your arm down beside your body. Finish with your arm above your head. Ensure that you keep your elbow straight.

### **Precautions**

1. Ensure that the chair does not tip backwards.

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## Shoulder internal rotator strengthening in sitting using theraband

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### **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.

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## Shoulder retractor strengthening in sitting

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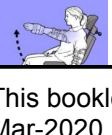
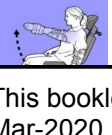




### **Client's aim**

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.

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