



Things to keep in mind before you exercise:

- Always slowly return to the start position
- Remember to set the shoulder (down and back) before the start of any exercise
- Try not to shrug shoulders
- Do not always have to use a weight, can substitute a weight for a resistance band
- Use a chest strap or a body bracer to support trunk, if needed
- Do not have to do both arms at the same time
- Can lift the arm rest up, to keep the arm closer to the body, but not necessary.

Front raise

Start with arm by the side with thumbs facing up. Raise the arm to the front at shoulder height.



Bicep Curls

Bend the elbow and bring the arm to shoulder.





Lateral raise

Raise the arm to shoulder height.



Reverse Fly

Keep elbows straight. Raise the arms up and out towards the ceiling



Tricep Kickback with assistance

Extend elbow until the arm is straight. Provide assistance at the wrist and elbow.





Shepherd Center

Advanced Tetraplegic Strengthening in the Chair