

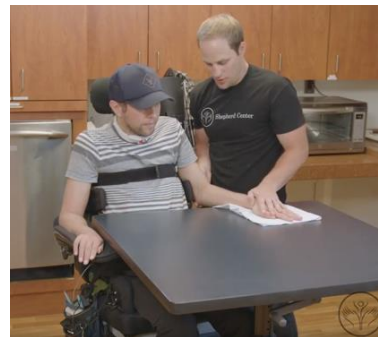


Things to keep in mind while you exercise:

- Try not to shrug the shoulders.
- Set the shoulder (down and back) before any exercise
- A table and pillowcase are used to decrease friction. If a table is not available, someone support the elbow and hand and still perform the exercises.
- An airsplint can be used to help keep the elbow straight.
- Lifting the arm rest of the wheelchair will allow the arm to be closer to the body.
- A chest strap or body bracer can help support the trunk, if needed.

External Rotation

Keeping the elbow bent and tucked into the side. Push the pillowcase away, moving arm/hand away.



Protraction

Reach the whole arm forward, using shoulder only, without bending the elbow.



Reverse Fly

Keep the elbow straight. Move the whole arm open and back.





Lateral Raise

Support the elbow and hand. Lift the whole arm out and up, keeping the elbow bent.



Elbow Flexion

Support the elbow and hand. Keep palm facing up. Bend the elbow, bringing the hand to the shoulder while providing support to maintain elbow height



Front Raise

Support the elbow and hand. Keep palm facing you. Lift the arm up to shoulder height while providing support to the maintain the elbow straight.

