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web upper extremity theraband exercises seated in wheelchair slowly complete each exercise do not let the theraband snap back slowly return to the starting position 1 chest pull hold one end of the theraband with each hand at chest level slowly pull the ends of the theraband away from each other 2 external rotation

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web 13 arm extension a hold one end of the band in each hand with arms shoulder width apart b
bring both hands to your chest one arm keeps the band to your chest while your other arm
straightens to your lap c slowly return

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web put your arms in front of your body with elbows slightly bent pull theraband outwards across
your chest hold for 3 seconds slowly return to starting position repeat 10 times shoulder flexion sit
or stand with theraband held at hip or waist height point your thumb toward the ceiling

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focus on muscles of the shoulders chest and upper back general instructions complete all exercises
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web triceps help with transfers pressure reliefs and locking the elbow basic home exercise
equipment theraband tie a knot in the end of the band and shut the knotted end in a door this allows
you to adjust the height for different exercises choose a resistance that you can do for 2 sets of 15
reps if it s too easy



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web keep your upper arms at your side bend from your elbows to pull your lower arms up toward
your head 3 repeat times page 4 for exercises 5 and 6 tie a theraband to the head of the bedframe 5
elbow extension 1 bend your elbow and grasp the band 2 straighten your elbow and stretch the band
down toward the foot

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web mar 30 2022 incline bench press this works the pectoral muscles in the front of your chest the
anterior deltoids at the front of your shoulders and your triceps at the upper back of your arms for
the exercise position you want to sit nearer the front of your chair then lean back slightly and rest
your shoulders and upper back on the back of your chair





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





















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