

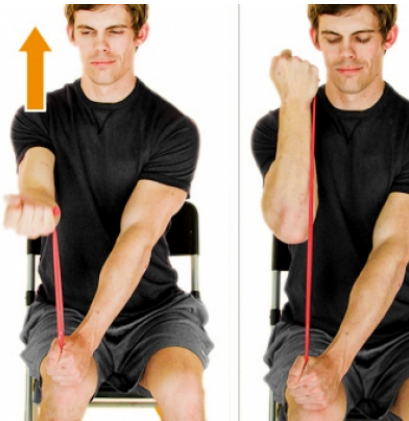


SHOULDER ROLLS

Move your shoulders in a circular pattern as shown so that you are moving in an up, back and down direction. Perform small circles if needed for comfort. Video # VV9BWMBMJ

Repeat 10 Times
Complete 2 Sets

Hold 1 Second
Perform 1 Times a Day



ELASTIC BICEP CURL - SELF FIXATION

While seated and holding an elastic band with both hands, draw up your hand by bending at the elbow.

Note, your opposite hand should fixate the elastic band on your knee.

Repeat 10 Times
Complete 3 Sets

Hold 1 Second
Perform 1 Times a Day



ELASTIC BAND TRICEPS - SELF FIXATION

Start by holding an elastic band across your chest with the unaffected arm.

Next, pull the band downward with the other arm so that the elbow goes from a bent position to a straightened position as shown.

Repeat 10 Times
Complete 3 Sets

Hold 1 Second
Perform 1 Times a Day



ELASTIC BAND BILATERAL HORIZONTAL ABDUCTION

While holding an elastic band with your elbows straight and in front of your body, pull your arms apart and towards the side. Video # VVPZZBUNZ

Repeat 10 Times
Complete 3 Sets

Hold 1 Second
Perform 1 Times a Day



ELASTIC BAND FLEXION - SELF FIXATION

While holding an elastic band in front of you and on your leg with your unaffected arm, pull the band upward towards the ceiling with your affected arm as shown. Video # VVVRN4D7C

Repeat 10 Times
Complete 3 Sets

Hold 1 Second
Perform 1 Times a Day

ELASTIC BAND CHEST PRESS

Starting with your arms at your side and elbows bent, push the band out in front of your body as you straighten your elbows. The band could be wrapped around a chair or your body. Video # VVX8BLUGJ

Repeat 10 Times
Complete 3 Sets

Hold 1 Second
Perform 1 Times a Day





wheelchair seated row

Wrap band around a table leg or tie a knot in it and place it in a doorway. Pull back on the band with your elbows bent as if rowing. Keep your elbows close to your side as you pull.

Repeat 10 Times

Complete 3 Sets

Hold 1 Second

Perform 1 Times a Day