

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

- Securely tie or loop one end of the theraband to the wheelchair armrest.
- Hold the theraband in the opposite hand.
- Slowly bring forearm away from your belly button outward, keeping your elbow at your side.



3. Internal rotation

- Securely tie or loop one end of the theraband to the wheelchair armrest.
- Hold the theraband in the hand that is on the same side as the theraband.
- Pull theraband across your body toward your belly button, keeping your elbow bent at your side.



4. Punching forward

- Securely tie or loop one end of the theraband around the back handle of the wheelchair.
- Start with the elbow bent and the arm raised to chest level.
- Straighten elbow while holding onto the theraband, 'punch forward.'



5. Punch up

- Securely tie or loop one end of the theraband around the back handle of the wheelchair.
- Start with the elbow bent and arm raised to chest level.
- Straighten elbow upward as if 'punching up' toward the ceiling.



6. Punch down

- Securely tie or loop one end of the theraband around the back handle of the wheelchair.
- Start with elbow bent and arm pointing down.
- Straighten elbow as if 'punching down' toward the ground.

The information presented is intended for general information and educational purposes. It is not intended to replace the advice of your health care provider. Contact your health care provider if you believe you have a health problem.