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.