

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.