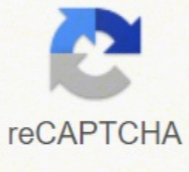




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EXERCISE GUIDE

STRETCH

1. Quadricep

2. Calf

3. Hamstring

4. Iliopsoas

5. Hip

6. Wrist

7. Upper back

8. Chest

9. Triceps

10. Shoulder

11. Neck

12. Lower back

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NECK STRETCHES FOR NECKLAIN DISORDERS

- Flexion - Theraband under one foot, lean forward as far as you can.
- Extension - Theraband under one foot, lean back as far as you can.
- Shoulder Flexion - Theraband under one foot, lean forward as far as you can.
- Shoulder Extension - Theraband under one foot, lean back as far as you can.
- Flexion - Theraband under one foot, lean forward as far as you can.
- Extension - Theraband under one foot, lean back as far as you can.
- Elbow next to body, arm at 90° angle, pull 8. Elbow next to body, arm at 90° angle, pull 8.

Best prior to activities will help.

For other exercises will be beneficial.

NECK STRETCHES FOR NECKLAIN DISORDERS

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For other exercises will be beneficial.

Created For: **Emma Davis Miller** Mar 28, 2011
 Created By: **Whitney Wilson**

WHEELCHAIR EXERCISES

<p>001221 - Elbow Flexion</p> <p>One end of the band is attached to the wheelchair seat. The other end is held in the hand of the person in the wheelchair. The person in the wheelchair pulls the band towards their chest.</p> <p>Repeat: 10 times</p>	<p>001222 - Elbow Extension</p> <p>One end of the band is attached to the wheelchair seat. The other end is held in the hand of the person in the wheelchair. The person in the wheelchair pulls the band away from their chest.</p> <p>Repeat: 10 times</p>	<p>001223 - Shoulder Flexion</p> <p>One end of the band is attached to the wheelchair seat. The other end is held in the hand of the person in the wheelchair. The person in the wheelchair pulls the band towards their shoulder.</p> <p>Repeat: 10 times</p>
<p>001224 - Shoulder Extension</p> <p>One end of the band is attached to the wheelchair seat. The other end is held in the hand of the person in the wheelchair. The person in the wheelchair pulls the band away from their shoulder.</p> <p>Repeat: 10 times</p>	<p>001225 - Hip Flexion</p> <p>One end of the band is attached to the wheelchair seat. The other end is held in the hand of the person in the wheelchair. The person in the wheelchair pulls the band towards their hip.</p> <p>Repeat: 10 times</p>	<p>001226 - Hip Extension</p> <p>One end of the band is attached to the wheelchair seat. The other end is held in the hand of the person in the wheelchair. The person in the wheelchair pulls the band away from their hip.</p> <p>Repeat: 10 times</p>
<p>001227 - Triceps</p> <p>One end of the band is attached to the wheelchair seat. The other end is held in the hand of the person in the wheelchair. The person in the wheelchair pulls the band towards their triceps.</p> <p>Repeat: 10 times</p>	<p>001228 - Chest Pull</p> <p>One end of the band is attached to the wheelchair seat. The other end is held in the hand of the person in the wheelchair. The person in the wheelchair pulls the band towards their chest.</p> <p>Repeat: 10 times</p>	<p>001229 - Neck</p> <p>One end of the band is attached to the wheelchair seat. The other end is held in the hand of the person in the wheelchair. The person in the wheelchair pulls the band towards their neck.</p> <p>Repeat: 10 times</p>

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THERABAND HOME EXERCISES

DO EACH EXERCISE _____ TIMES A DAY
 REPEAT EACH EXERCISE _____ TIMES

<p>Elbow Flexion Starting position:</p> <p>Hold Theraband with one hand on a right/left thigh, the arm is extended. Place the other hand on top in preparation to pull.</p>	<p>Elbow Flexion Ending position:</p> <p>Tightly hold end of Theraband placed on your thigh, with the other hand, stretch fist upward to your chin. * * can also start under the feet, instead of on the thigh.</p>	<p>Muscles Involved:</p> <p>Biceps Brachii Brachialis Brachioradialis Pronator Teres</p>	<p>Functional Use:</p> <p>Lifting objects; groceries children Brushing teeth</p>
<p>Chest Pull Starting Position:</p> <p>Hold the Theraband at both ends in front of your body, with arms straight, and thumbs up.</p>	<p>Chest Pull Ending Position:</p> <p>Stretch Theraband out to both sides of your body at shoulder height.</p>	<p>Muscles Involved:</p> <p>Posterior Deltoid Middle Deltoid Supraspinatus Infraspinatus Teres Minor</p>	<p>Functional Use:</p> <p>Putting yourself up Pulling something down Mowing the lawn</p>
<p>Triceps Starting Position:</p> <p>Hold Theraband in the middle, with both hands in front of you, at the center of your body, at chest level.</p>	<p>Triceps Ending Position:</p> <p>Tightly hold one end close to chest, and stretch the other end in front of you like a trombone.</p>	<p>Muscles Involved:</p> <p>Triceps</p>	<p>Functional Use:</p> <p>Pushing up from sit to stand Pushing something across a counter Undressing Shaking hands</p>

Theraband exercises for arms occupational therapy. Theraband exercises for arms in wheelchair. Theraband flexbar exercises for arms. Theraband exercises for arms in bed. Theraband exercises for arms and shoulders. Theraband exercises arms pdf. Theraband exercises sitting for arms in spanish. Theraband exercises for arms and chest.

Read our editorial guidelines to learn more about how we maintain our accurate, reliable and reliable content. Stay with a slightly staggered foot in front of the other, and place the resistance band under the front foot. Get a handle in each hand, the palms turned the thighs in a hand holding, raises his arms directly in front of you until he reaches his shoulder height. You will also work your ABS, the upper back and lower traps. Ready to start? Standing with feet width of the hip, place the resistance band under the feet. Plank + alternate rates: A, weapons, shoulders, chest, back, triceps, ABS and core. 09 of 10 You have already hit your biceps and shoulders, so this move will help to further tax those muscles for even better results. 3. Keep them away from extreme temperatures, as if it could prepare them to break or click. Make sure you prepare the à €

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