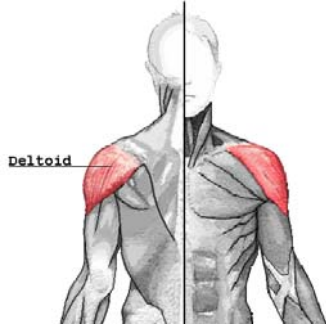


GYM BASED EXERCISES FOR SCI



Deltoids: C5-C6

Helps you with lifting objects overhead, assists in pressure releases, and can help with propelling your wheelchair

Overhead Press with Medicine Ball

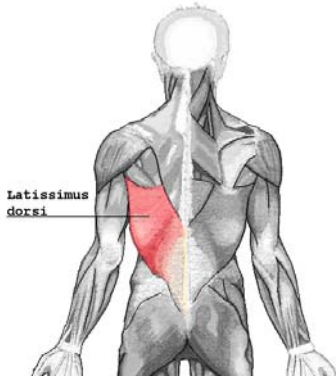


Reps _____ *Sets* _____

Overhead Press with Bar in a Track



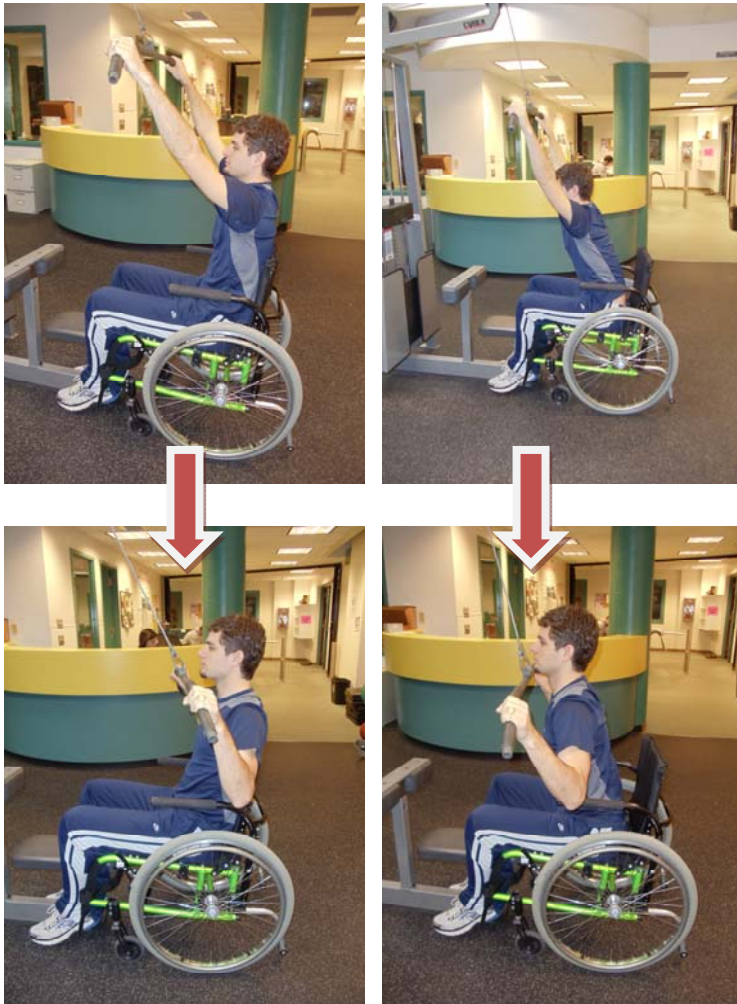
Reps _____ *Sets* _____



Latissimus Dorsi: C6- C8

Helps you with transfers and lifting
up for pressure reliefs.

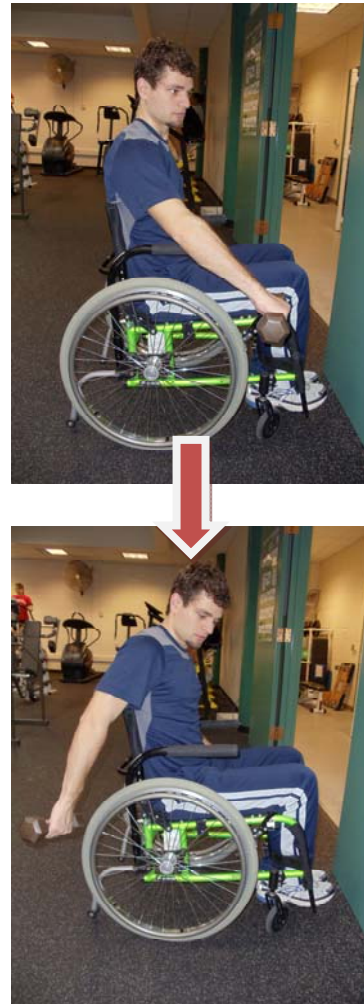
Lat Pull Downs



**Be creative about how you can position your chair!*

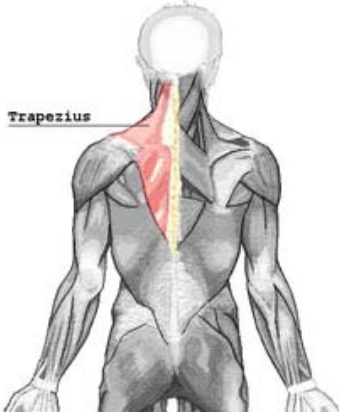
Reps _____ Sets _____

Shoulder Extensions



** You can also do this exercise with the pulley*

Reps _____ Sets _____



Lower Trapezius: C3-C4

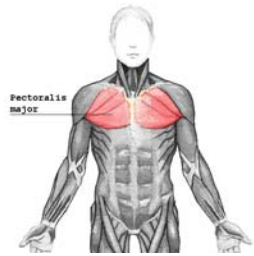
Helps you with push-up pressure reliefs.

Straight Arm Dips



* You can also place your hands on your wheels.

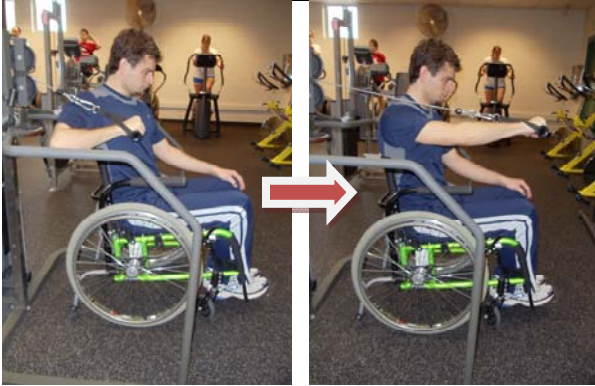
Reps _____ Sets _____



Pectoralis Major: C5-T1

Helps with pushing a wheelchair, assists with pressure reliefs.

Chest Press



Reps _____ Sets _____

**You can do both sides at a time if there are 2 pulleys.*

Butterflies



Reps _____ Sets _____

Chest Press with Free Weights

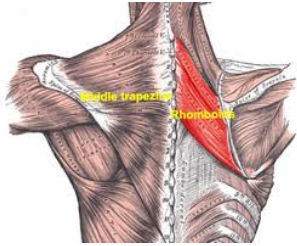


Reps _____ Sets _____

Butterflies with Free Weights



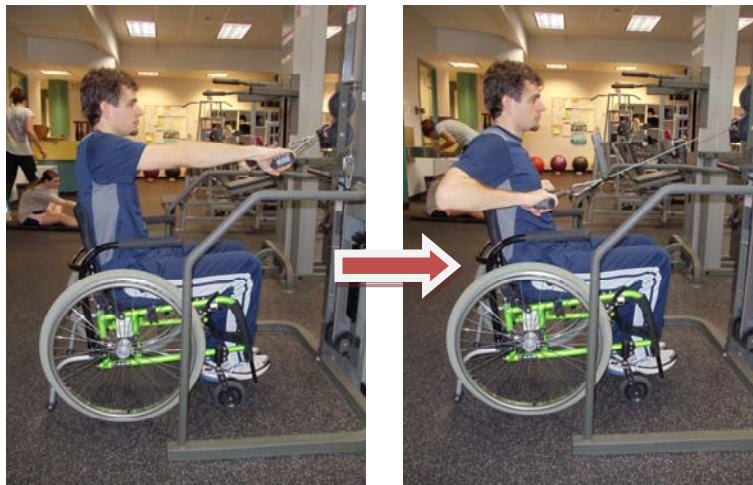
Reps _____ Sets _____



Rhomboids/Middle Trapezius: C4-C5

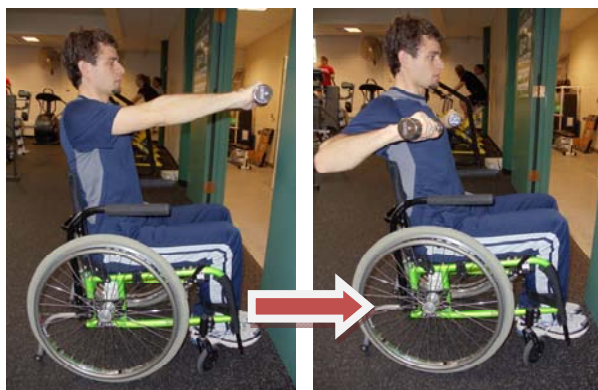
Helps to improve your posture and prevent shoulder injuries, and also helps to stabilize while you push your wheelchair.

Pulley: Rows



Reps _____ Sets _____

Free Weights: Rows



Reps _____ Sets _____

Free Weights: Butterflies



Reps _____ Sets _____

* For both Rows and Butterflies, make sure to squeeze your shoulder blades together in the ending position!



Rotator Cuff Muscles: C5-C6

These help to stabilize your shoulder and are important in preventing instability and injuries.

Pulley:

Internal Rotation



Reps _____ Sets _____

External Rotation



Reps _____ Sets _____

Free Weights:

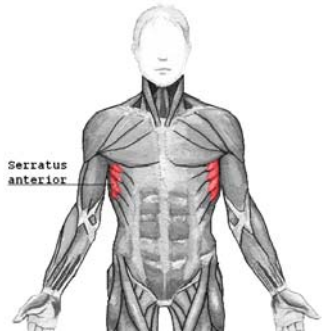
External Rotation

Neutral

Internal Rotation



Reps _____ Sets _____



Serratus Anterior: C5-C7

Helps you with transfers and rolling.

Straight-Arm Punches



Straight-Arm Wall Push-ups



* To make sure you are training serratus anterior, you always want your elbows straight! All the motion comes from your shoulder blades.

Reps _____ Sets _____

Reps _____ Sets _____

Reps _____ Sets _____



Triceps: C7-C8

Helps you with pressure reliefs and transfers.

Pulley Elbow Extensions



Reps _____ Sets _____

Free Weight Elbow Extensions



Reps _____ Sets _____