

At Home

SCI Arm Workout

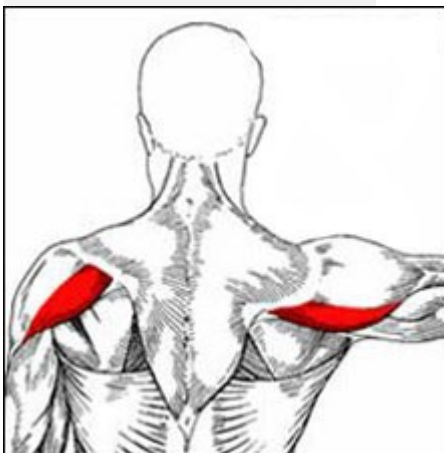
Just because your therapy may be over doesn't mean that your workouts should be.

Use this packet to get an effective workout at home
1 of 2 ways:

-theraband

or

-free weights



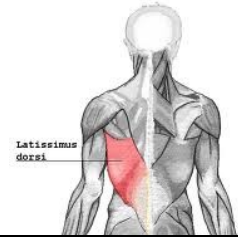
Also included are recommendations for cardio activities and where to look for equipment.

Important Muscle Groups

*This program targets mostly muscles on the back of your shoulder and arm that are important for everyday tasks. Below are examples of these muscles and why they are important.

Shoulder Depressors

- Help with transfers, pressure reliefs



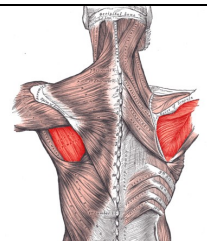
Shoulder Extensors

- Help with manual wheelchair propulsion



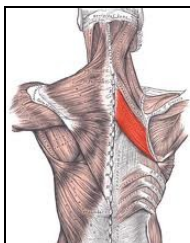
Shoulder External Rotators

- Help stabilize the shoulder to prevent pain and injury



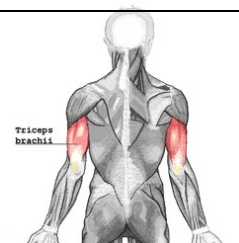
Scapular Retractors

- Important for posture and pulling motions



Triceps

- Help with transfers, pressure reliefs, and locking the elbow



Basic Home Exercise Equipment

THERABAND:

- Tie a knot in the end of the band and shut the knotted end in a door. This allows you to adjust the height for different exercises.
- Choose a resistance that you can do for 2 sets of 15 reps
- If it's too easy:
 1. Move farther away from the wall, or
 2. Use the next highest resistance band
- If it's too difficult:
 1. Move closer to the wall, or
 2. Use the next lowest resistance band
- Wrist cuffs can be attached for those with low hand strength

*Available at many online retailers and sports stores for around \$5 per theraband and \$10 per wrist



FREE WEIGHTS:

- You can use hand weights or cuff weights depending on your grip strength
- Choose a weight that you can do for 2 sets of 15 reps
- Exercise one arm at a time and stabilize with your other hand on your chair

*Available at many online retailers and sports stores for around \$10 per weight



SHOULDER EXTENSORS

Theraband:

1. Attach the band to a sturdy object waist high
2. Grasp one end of the band with your arm straight
3. Keeping your arm straight, pull band toward ground until it is behind your chair back
4. Slowly return to starting position



Free Weights:

1. Bend forward and rest your chest on your thighs
2. Hold a weight with your arm straight down to the ground
3. Keeping your arm straight, pull your arm back behind you
4. Return to starting position



SCAPULAR RETRACTORS

Theraband:

1. Attach the band to a sturdy object waist high
2. Facing in, grasp the band with your arm straight in front of you at shoulder height
3. Pull back toward your chest by bending your elbow
4. Slowly return to the starting position



Free Weights:

1. Bend forward and rest your chest on your thighs
2. Hold a weight with your arm straight down to the ground
3. Bring weight toward chest by bending elbow and pulling shoulder blades together
4. Slowly return to starting position



FLIES

Theraband:

1. Attach your band waist-high on a sturdy object
2. Grasp band with your arm in front of you at shoulder height, elbow slightly bent
3. Pull out to the side while driving elbow back and pinching shoulder blade to midline
4. Slowly allow arm to return to starting position



Free Weights:

1. Bend forward and rest your chest on your thighs
2. Stabilize yourself with one hand on your chair
3. Grasp weight in other hand with arm toward ground
4. Raise weight out to your side keeping your arm straight
5. Slowly return to starting position



DIAGONALS

Theraband:

1. Attach your band ankle-high on a sturdy object
2. Grasp one end of the band with elbow slightly bent, hand near your opposite hip
3. Pull band up and across body in a diagonal pattern
4. Slowly return starting position



Free Weights:

1. Stabilize yourself with one hand on your chair
2. Hold weight with elbow slightly bent, arm draped across your body toward your opposite hip
3. Raise your arm up and across your body with your thumb pointing up
4. Slowly return to starting position



TRICEPS

Theraband:

1. Attach band to a high sturdy object
2. Facing in, grasp the band with your elbow bent, arm at your side
3. Slowly straighten your elbow until it is straight but not locked
4. Slowly return to starting position



Free Weights:

1. Stabilize yourself with one arm on your chair
2. Hold weight in other hand behind your head, elbow bent
3. Straighten elbow toward ceiling, keeping arm by head
4. Slowly return to starting position



SHOULDER EXTERNAL ROTATORS

Theraband:

1. Attach the band to a sturdy object waist high
2. Facing sideways, grasp the band with the hand farthest from the wall
3. While keeping your elbow at your side and bent to 90 degrees, rotate your hand out to the side
4. Slowly return to the starting position



Free Weights:

1. Stabilize yourself with one arm on your chair
2. Hold weight with elbow bent and out to side at shoulder height
3. While keeping elbow still rotate hand upward toward ceiling
4. Slowly return to starting position



SHOULDER DEPRESSORS

Theraband:

1. Attach the band to a sturdy object as high as possible
2. Back your chair up to the band as close as possible
3. Grasp the band, and with your arm straight down at your side, press your shoulder down
4. Slowly return to starting position



Body Weight:

1. Place both hands on your chair seat, arm rests, or push rims
2. With your elbows slightly bent, lift your bottom from the chair by pressing down your shoulders
3. Return to starting position



CARDIOVASCULAR EXERCISE

RECOMMENDATION:

- In addition to strength training, you should perform 20-60 minutes of aerobic exercise 3-5 times per week
- On the RPE scale, you should be working in the somewhat hard to hard range

RPE Scale:

6-7 very, very light (rest)
 8-9 very light
 10-11 fairly light
12-13 somewhat hard
14-15 hard
 16-17 very hard
 18-19 very, very hard
 20 exhaustion



WHEELCHAIR CARDIO IDEAS:

-Arm ergometry

Basic models starting around \$100 online



-Rowing machines

Wheelchair accessible models around \$350 online



-Wheelchair sports-basketball, track, rugby, tennis, swimming

Leagues at: <http://www.seattleadaptivesports.org/>



-Free wheeling

No equipment needed but be careful of shoulder overuse



-Boxing workout

Speed bags starting around \$30 online