Lat Pull Back Using Theraband

**What You’ll Need:**
- A piece of theraband (at least 6 ft long)
- Stable surface to attach theraband (at least shoulder height)
- Dumbbells to stabilize chair (optional)
- Mirror (optional)

**Setup:**
- Loop the theraband around the stable surface
- Position your chair facing the stable surface and far enough away to create tension in the theraband
- Lock your brakes and further stabilize your chair with a dumbbell over the footplate and/or rear wheels, if desired

**The Exercise (1 or 2 arms at a time):**
- Starting position: arm(s) lifted to 90 degrees with elbows straight, theraband in hand(s)
- Keep head and neck lifted and as still as possible and breathe throughout the exercise
- Keep elbow(s) straight and pull the arm(s) down and behind you
- Shoulder blades should move down and back
- The exercise should be felt in the upper back and the back of the arm
- To make the exercise harder, increase tension in the theraband by wrapping it around the wrists or by repositioning the chair further away
- To make the exercise easier, decrease tension in the theraband by moving the chair closer to the support surface
- Perform 3 sets of 10
Triceps Strengthening Exercise Using Theraband and Dumbbell

What You’ll Need:
- A piece of theraband (at least 6 feet long)
- Stable surface to attach theraband (at least shoulder height)
- Dumbbell for exercise
- Dumbbells to stabilize chair (optional)
- Mirror (optional)

Setup:
- Loop the theraband around the stable surface
- Position your chair facing the stable surface and far enough away to create tension in the theraband
- Lock your brakes and further stabilize your chair with a dumbbell over the footplate and/or rear wheels, if desired

The Exercise with Theraband or Dumbbell:
- Starting position: arm behind your back with elbow bent and lifted, theraband or dumbbell in hand
- Keep head and neck lifted and as still as possible and breathe throughout the exercise
- Keeping the elbow lifted, straighten the arm (this should be the only body part moving)
- To make the exercise harder, increase tension in the theraband by wrapping it around the wrists or choose a heavier dumbbell
- To make the exercise easier, decrease tension in the theraband by moving the chair closer to the support surface or choose a lighter dumbbell
- Perform 3 sets of 10

Shoulder External Rotation Using Theraband

What You’ll Need:
- A piece of low-resistance theraband (at least 3 feet long)
- Mirror (optional)

Setup:
- Lock your brakes and keep theraband in your lap

The Exercise:
- Starting position: arms at sides with elbows bent to 90 degrees, palms up and grasping theraband
- Keep head and neck lifted and as still as possible and breathe throughout the exercise
- With the elbows staying at the sides, move the hands away from each other by squeezing the shoulder blades
- To make the exercise harder, increase tension in the theraband in the starting position
- To make the exercise easier, decrease tension in the theraband in the starting position
- Perform 3 sets of 10
Lower Traps Exercise Using Theraband

What You’ll Need:
- A piece of theraband (at least 6 ft long)
- Stable surface to attach theraband (about 2 feet from the ground)
- Dumbbells to stabilize chair (optional)
- Mirror (optional)

Setup:
- Loop the theraband around the stable surface
- Position your chair perpendicular to the stable surface and far enough away to create tension in the theraband; then roll your chair backwards a few inches to ensure that the line of pull is in front of your body
- Lock your brakes and further stabilize your chair with a dumbbell over the footplate and/or rear wheels, if desired

The Exercise:
- Starting position: arm furthest from stable surface outstretched in front of the body, hand with thumb pointing up and in line with the navel, grasping theraband
- Keep head and neck lifted and as still as possible and breathe throughout the exercise
- Lift the arm in a diagonal pattern up and back, squeezing the shoulder blade and keeping the elbow straight
- To make the exercise harder, increase tension in the theraband by wrapping it around the wrists or by repositioning the chair further away
- To make the exercise easier, decrease tension in the theraband by moving the chair closer to the support surface
- Perform 3 sets of 10

Posterior Deltoid Exercise Using Theraband

What You’ll Need:
- A piece of theraband (at least 6 ft long)
- Stable surface to attach theraband (shoulder height)
- Dumbbells to stabilize chair (optional)
- Mirror (optional)

Setup:
- Loop the theraband around the stable surface
- Position your chair perpendicular to the stable surface and far enough away to create tension in the theraband; then roll your chair backwards a few inches to ensure that the line of pull is in front of your body
- Lock your brakes and further stabilize your chair with a dumbbell over the footplate and/or rear wheels, if desired
**Posterior Deltoid Exercise Using Theraband Con't**

**The Exercise:**
- Starting position: arm furthest from the support surface elevated to shoulder height and across body, elbow extended, palm facing down and grasping theraband
- Keep head and neck lifted and as still as possible and breathe throughout the exercise
- In a controlled manner and with the elbow straight, pull the arm back and slightly behind you by squeezing the muscle in the back of your shoulder; the arm should always be parallel to the floor
- To make the exercise harder, increase tension in the theraband by wrapping it around the wrists or by repositioning the chair further away
- To make the exercise easier, decrease tension in the theraband by moving the chair closer to the support surface
- Perform 3 sets of 10

**Biceps Exercise Using Theraband**

**What You’ll Need:**
- A piece of theraband (at least 6 feet long)
- Stable surface to attach theraband (at least shoulder height)
- Dumbbells to stabilize chair (optional)
- Mirror (optional)

**Setup:**
- Loop the theraband around the stable surface
- Position your chair perpendicular to the stable surface and far enough away to create tension in the theraband
- Lock your brakes and further stabilize your chair with a dumbbell over the footplate and/or rear wheels, if desired

**The Exercise:**
- Starting position: stabilize your shoulder and raise your arm out to the side so it is parallel to the floor, position your hand with your palm facing up
- Flex the elbow and bring your hand towards your head while maintaining a stable shoulder position
- In a controlled manner, straighten the elbow almost back to the starting position
- To make the exercise harder, increase tension in the theraband by wrapping it around the wrists or by repositioning the chair further away
- To make the exercise easier, decrease tension in the theraband by moving the chair closer to the support surface or choose a lighter resistance band
- Perform 3 sets of 10
Dumbbell Hammer Curls

What You’ll Need:
- Dumbbell for exercise
- Dumbbells to stabilize chair (optional)
- Mirror (optional)

Setup:
- Grasp the dumbbell with your thumb pointing up
- Lock your brakes and further stabilize your chair with a dumbbell over the footplate and/or rear wheels, if desired

The Exercise:
- Starting position: sit up as tall as you can and grasp the dumbbell with your thumb pointing up
- Curl the dumbbell towards your shoulder, making sure only your elbow is moving
- Keep a light grip on the dumbbell to better isolate the biceps

One Arm Cable Bicep Row/Curl with a Cable Machine

What You’ll Need:
- A cable machine
- Dumbbells to stabilize chair (optional)
- Mirror (optional)

Setup:
- Set the cable machine to the highest position on the column and choose a lighter weight when first attempting this exercise.
- Sit up as tall as you can
- Lock your brakes and further stabilize your chair with a dumbbell over the footplate and/or rear wheels, if desired

The Exercise:
- Starting position: sit up as tall as you can and grasp the cable machine handle with your thumb pointing up
- Keep your shoulder blade low on your back instead of shrugged up towards your ear
- In a controlled manner pull your elbow down and back, squeezing your shoulder blade down towards the middle
- Perform 3 sets of 10
Shoulder External Rotation/ Rotator Cuff Exercise using Dumbbell

What You’ll Need:
- A light dumbbell for exercise
- A small towel.
- Dumbbells to stabilize chair (optional)
- Mirror (optional)

Setup:
- Pick up the light dumbbell
- Position a folded towel between your trunk and your arm just above the elbow. The towel allows you to better target the muscles of the rotator cuff
- Lock your brakes and further stabilize your chair with a dumbbell over the footplate and/or rear wheels, if desired

The Exercise:
- Gently squeeze your shoulder blades together
- Slowly bring your wrist away from your body and back towards your belly
- You should feel the muscles in your back and shoulder working
- Choose a lighter weight if you feel any discomfort or if you are unable to keep your arm against your body
- Perform 3 sets of 10

View our exercise and how to videos at www.youtube.com/healthytomorrow

For additional information on spinal cord injury or the RRTC on SCI, please visit our website at www.sci-health.org