

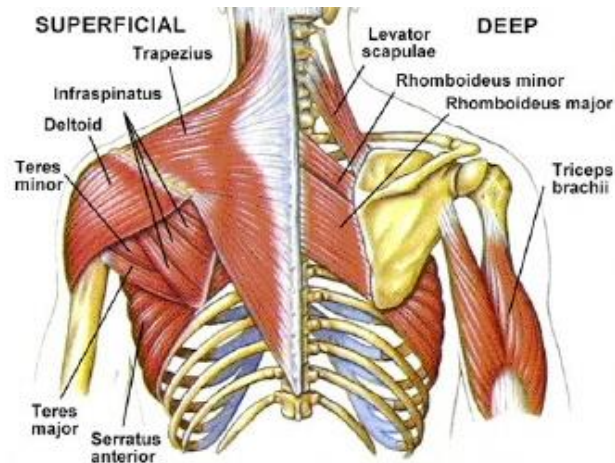
# Wheelchair Scapula Adduction

Hold the Cuflic in front of you with both arms straight. Choose your resistance and, holding the handle still, move your exercise arm from in front of your body to the side, keeping your arm straight.



Exercises should be done for 2 sets of 10 repetitions, 3-4 times a week.

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The primary muscles used in this exercise are the rhomboids, the posterior deltoid, and the middle trapezius.