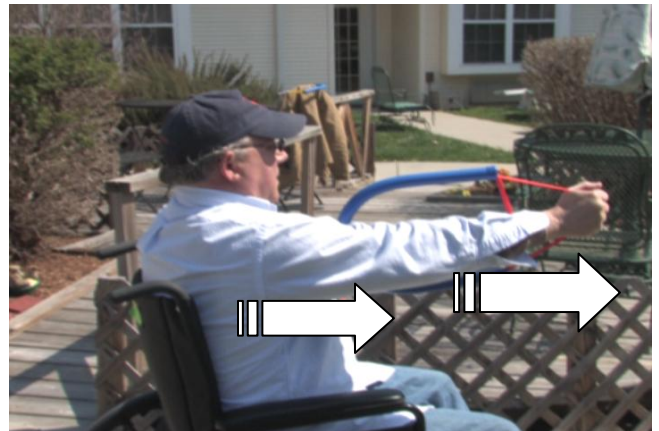


Wheelchair Scapula Protraction

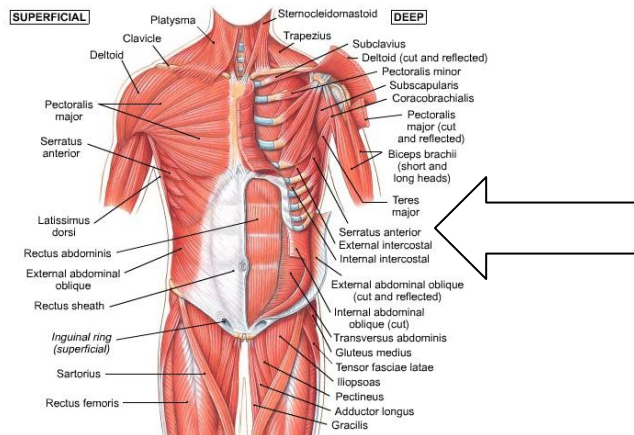
Hold the Cufflinc handle with the non-exercise hand, across your chest in front of your shoulder.



Choose your resistance and keeping your arm straight, press forward about 6 inches in a controlled manner. Do not let your elbow bend at any time.



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



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The primary muscle used is the serratus anterior.