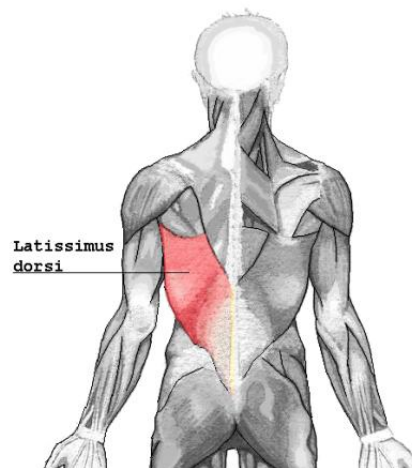
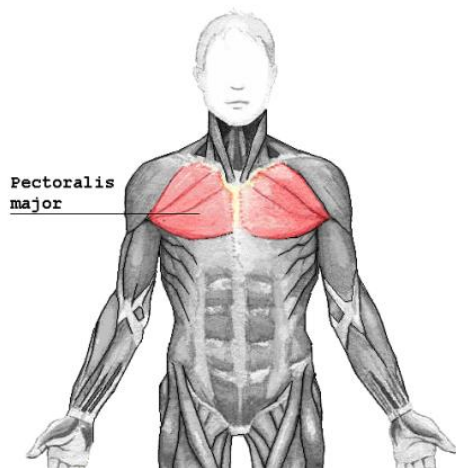


Wheelchair Shoulder Depression

Hold the Cuflic handle with your non-exercise hand across your chest, on the outside of the chair with the bands pointed downward. Choose your resistance and keeping your exercise arm straight, push down.



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



The primary muscles used in this exercise are the pectoralis major and the latissimus dorsi.

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