

Wheelchair Shoulder Elevation

Hold the Cuflic tube in your non-exercise hand beside the thigh on the same side as the exercise shoulder, with the bands pointed upward. Choose your resistance and elevate your shoulder, keeping the arm straight.

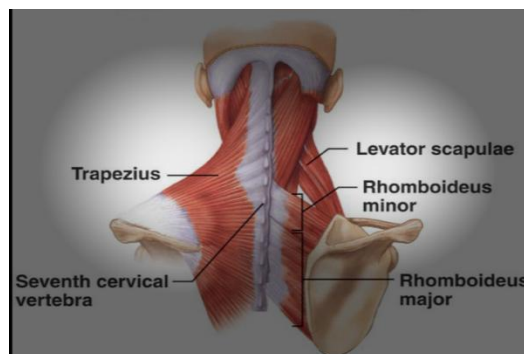


An optional method incorporates placing the Cuflic handle under the foot.



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 upper trapezius and the levator scapulae.