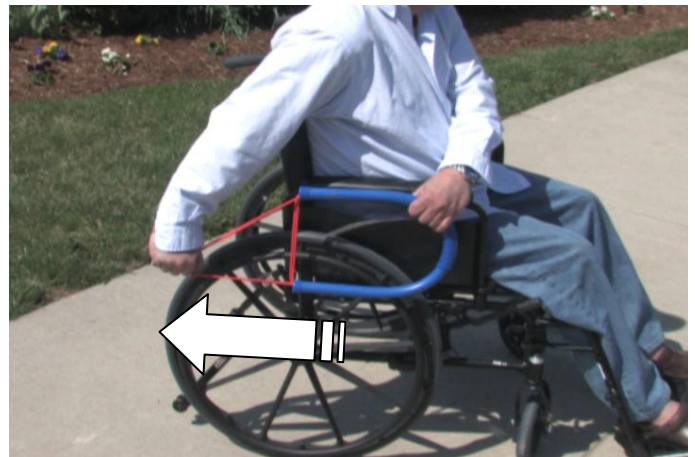


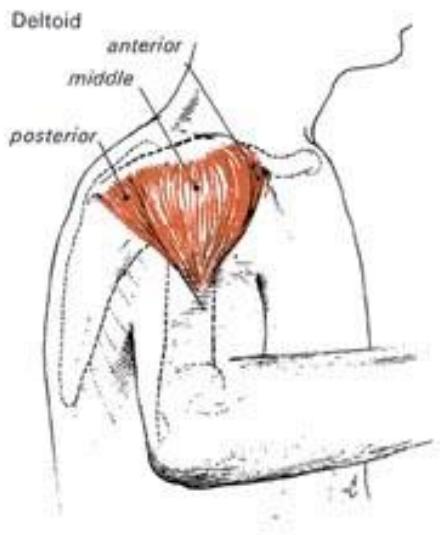
# Wheelchair Shoulder Extension

Hold the Cuflinec with your non-exercise hand on the outside of the chair at your knee height. Starting position of the exercise arm is straight down at your side, also outside the wheel of the chair. Choose your resistance and keeping the exercise arm straight, pull backwards.



[www.cuflinec.com](http://www.cuflinec.com)

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



The primary muscle used in this exercise is the middle deltoid.