

These exercises are for wheelchair users who can perform the activities by themselves.

- Consult your therapist if you are unsure or experience pain/discomfort
- Put brakes on before you start
- Ensure wheelchair is on a flat level, not a slope or uneven ground
- Use a padded mat for floor stretches

1



Interlock both hands behind wheelchair
Roll shoulders back. Keep back straight & pull the arms up.
Feel the stretch in the upper chest.

2



Bring both arms behind the back. Grip each elbow with the opposite hand.
Gently squeeze shoulder blades together and expand the chest.

3



In the same position, with arms behind your back, try to put the palms together.
Fingers should be pointing upwards.

4



Slowly turn your upper body and head to one side. Keep your hips straight.
Hold the push rims gently and look over your shoulder.
Return to the centre and repeat for the other side.

5



Hold your elbow with the opposite hand. Pull down very gently behind the head until an easy stretch is felt in the shoulders and upper arm.
Repeat the exercise for the other arm.

6



Skip this stretch if you have a groin or knee injury.

Sit on a padded mat with your back straight and head facing forward.
Place legs out in front. Bend knees to the side and bring both feet in towards your body until the soles touch.
Hold the ankles and allow knees to move downward slowly.

7



Lie down on your left side. Take hold of the right leg with your left hand, just below the knee. Pull towards the stomach.
Lift your other hand up to the sky to feel a stretch behind thigh along with the side of trunk.
Repeat on your other side.

8



Sit on the mat with both legs out straight.
Extend your arms and bend forwards from the waist. Keep your knees straight.
Reach forward.

9



Sit on the mat with both legs out straight. Hold left thigh gently.
Lean forward and hold your left foot with your right hand. Once you start feeling gentle stretch at the back of lower leg hold the position.
Repeat for other leg.

10



Sit with both legs out straight.
Lean forward from the waist keeping your back straight. Take hold of your lower left leg just above the ankle with your right hand. Keep your leg straight.
Reach forward and hold the outer edge of your left foot with your left hand. Gently pull the foot towards you.
Repeat for the other leg.

11



Sit with both legs out straight. Bring your left knee up towards you. Cross your left ankle over your right leg, above the knee. Support the lower leg with your left hand.
Take hold of the outer edge of the left foot with your right hand. Gently push the foot down into your hand. Move the foot towards the right.
Repeat for the other leg.

- Perform each stretch 8-10 times
- Hold each stretch for 10-15 seconds
- Repeat exercises twice a day

These exercises help your flexibility.

Please consult your therapist for any specific issues, strengthening exercises or the next level of exercises.