

Exercises

<p>How To Do Shoulder External Rotation/ Rotator Cuff Exercise http://youtu.be/qz4VqAl74Ic</p>	<p>Disclaimer: The following activity is performed by a highly trained individual. Consult with a therapist before attempting the activity. Supervision is highly recommended. Be sure to be aware of how your body is responding while you're exercising. While shortness of breath and flushing are common and expected during exercise; dizziness, headache, chest pain, nausea, chill and/ or redness in addition are potential signs of a problem. If any symptoms persist please contact your doctor.</p> <p>Transcript: This video will demonstrate an exercise to strengthen the rotator cuff. The rotator cuff is very important muscle group that maintains shoulder stability. Pick a light- weight, thera-band or an appropriate weight for you. Place a rolled towel between your trunk and your arm just above the elbow. The towel can help align your shoulder and target the muscles of the rotator cuff. Gently Squeeze your shoulder blades together and slowly bring your wrist away from your body and back towards your belly. You should feel the muscles in your back and shoulder working. This should not cause any pain or irritation. Repeat the exercises on your other arm. Perform 3 sets of 10.</p>
<p>How To Do Arms Warm Up http://youtu.be/WMOr1kYqd3M</p>	<p>Disclaimer: The following activity is performed by a highly trained individual. Consult with a therapist before attempting the activity. Supervision is highly recommended. Be sure to be aware of how your body is responding while you're exercising. While shortness of breath and flushing are common and expected during exercise; dizziness, headache, chest pain, nausea, chill and/ or redness in addition are potential signs of a problem. If any symptoms persist please contact your doctor.</p> <p>Transcript: A proper warm up is an important part of any exercise program because it helps prepare your body for exercise. Start with reaching you arms out from your side and begin moving in small circular motions. Comfortably Increase the size of the circles to increase blood flow and get a</p>

	<p>gentle stretch. Try to avoid shrugging your shoulders up to your ears and keep you neck and head relaxed. Make sure you are sitting tall and your neck is directly over your body throughout the exercise. Next reverse the direction of the circles. This should not cause any pain or irritation. You can progress the warm up with swinging your arms in an open hugging motion. Perform this warm up for approximately 30 sec to a min.</p>
<p>How To - Do Arms Exercises Using Wrist Weights for C5-C6 Tetraplegia http://youtu.be/5DTvPa9oUvI</p>	<p>Disclaimer: The following activity is performed by a highly trained individual. Consult with a therapist before attempting the activity. Supervision is highly recommended. Be sure to be aware of how your body is responding while you're exercising. While shortness of breath and flushing are common and expected during exercise; dizziness, headache, chest pain, nausea, chill and/ or redness in addition are potential signs of a problem. If any symptoms persist please contact your doctor.</p> <p>Transcript: I work out with wrist weights to strengthen the muscles in the arms, shoulders, back and neck. They wrap around your wrist and are held in place with Velcro tabs. They come in a variety of weights. The greater the weights, the greater effect you can get for your heart from exercise. Make sure weights are comfortable for you and not too heavy. It's ok to use different weights on each wrist, if one arm is not as strong as the other. I'm going to show you a set of simple exercises with wrist weights.</p> <p>Bicep Curls Curls strengthen my biceps. To build power, I add weight and decrease reps. To increase endurance, I decrease weight and increase reps.</p> <p>Lateral Raises Lateral raises builds up the shoulder and arm muscles, specifically the middle deltoids. I do them to build up control of my trunk. They also help stabilize my shoulders. Of course I also do them for cardio, to strengthen my heart.</p>

	<p>The Overhead Punch The overhead punch builds up shoulder and arm muscles and provides cardio strengthening as well.</p> <p>The Chest Punch The chest punch or forward punch also works the shoulder and arm muscles and, of course, has cardio effect too.</p> <p>Combination of Shrug and Row I do a combination shrug/row exercise for scapular stabilization, to strengthen the neck and back muscles.</p> <p>Reverse Fly The reverse fly strengthens the back and shoulders. Hold for a minute at the top of the rep.</p>
<p>How To - Do Arms Exercises using Resistance Exercise Bands for C5-C6 Tetraplegia http://youtu.be/eQ55SFU0qXE</p>	<p>Disclaimer: The following activity is performed by a highly trained individual. Consult with a therapist before attempting the activity. Supervision is highly recommended. Be sure to be aware of how your body is responding while you're exercising. While shortness of breath and flushing are common and expected during exercise; dizziness, headache, chest pain, nausea, chill and/ or redness in addition are potential signs of a problem. If any symptoms persist please contact your doctor.</p> <p>Transcript: I am going to show you how to exercise using a resistance exercise band.</p> <p>I loop the band over a piece of upright equipment. Make sure it is stable. Then I put my hands through the loops securing them around my wrists. Next I back my chair up until the tension is where I want it to be.</p> <p>Resistance bands come in a variety of strengths to provide varying amounts of resistance. This is a rowing exercise. It strengthens the back and shoulder muscles.</p>

I try not to let myself get pulled forward.
I sit back and bring my head back to get better trunk control.

You can tilt your chair back to help counter weight the band. That way you don't get pulled forward.

Now curls to strengthen my biceps. Remember to breathe. Don't hold your breath.
Go slow. Try to hold. Alternating hands.