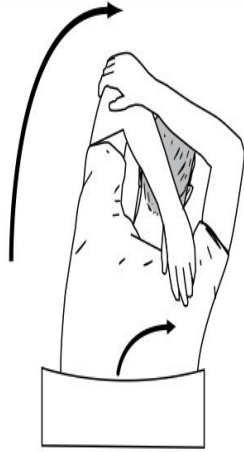


WHEELCHAIR USERS EXERCISES



Elbow Pull



Elbow Pull and Lean



Palms Up



Over the Shoulder



Palms Forward



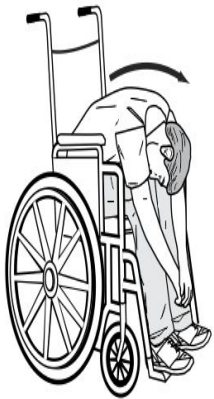
Elbow Across



Shoulder Shrug



Head Tilt



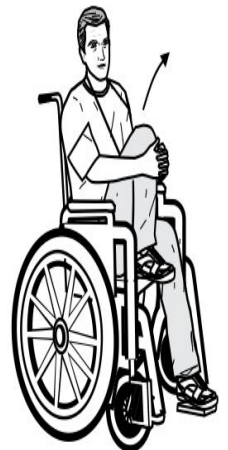
Forward Body Bend



Neck Stretch



Knee to Chest



Knee Across