



**WHEELCHAIR
SEATED**

SIDELINE ACTIVITIES

SIDELINE ACTIVITY	TEACHING POINTS	TO MAKE IT EASIER
Circles	- Start with arms stretched straight out to the side, fingers straight and palms facing the floor - Rotate the arms forward making small circles - After 10 reps change direction and circle the arms backwards for 10 reps	- Make bigger circles - Circle one arm at a time
Forehands and backhands	- Hold the racket horizontally with one hand at the head and one hand at the bottom of the grip - Swing the arms back into a low position on the forehand side (hands remain in the same position holding the racket) - From the low position swing up and forwards to the front of the body - Swing the arms back into a low position on the backhand side and then drive the arms forward to the front position	Keep the arms at shoulder height (i.e. do not swing the arms into a low position)
Seated alternate arm swings	- Sit in a tall seated position, with shoulders back - Move the arms back and forth in a running style	- Move the arms slower - Wrists remain in a low position
Shadow boxing	- Sit in a tall seated position, with shoulders back - Place hands in a fist slightly in front of the chin - Jab the hands straight forward (alternating hands) as if hitting a boxing bag. Perform 10 with each hand. - Hook the arms as if hitting the side of a boxing bag (alternating arms). Perform 10 with each arm. - Repeat the sequence with 10 jabs and 10 hooks	- Perform one arm at a time - Perform just jabs or just hooks

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Bent arm lateral raises	• Sit in a tall seated position, with shoulders back • Tuck elbows to the side of the body • Place hands in a fist • Lift both elbows upwards and outwards, to shoulder height • Lower back to the starting position	• Perform one arm at a time • Reduce the height that the elbows are lifted
Side stretch	• Sit in a tall seated position, with shoulders back • Place arms to the side of the chair and reach to the centre hub of the wheel • Keep the arms and fingers straight • Lean to the right side and reach the fingers to the towards the wheel rim • Keep the back on the back rest • Hold the stretch for 10 seconds • Slowly rise back to the central position • Repeat to the left side	• Reduce the length of the stretch
Resistance band exercises - seated row	• Place the band around the net post at shoulder height • Position the chair facing the net post in a central position • Hold the band with arms straight in front • Pull back with both arms until the elbows touch the back of seat • Keep the elbows tucked in and close to the body as they pull backwards • Release forwards and repeat	• Use a lighter band for less resistance

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Resistance band exercises - biceps curl	• Place the band around the bottom of the net post • Position the chair facing the net post, slightly to the left • Hold the band in the right hand with the arm straight and palm facing upwards • Keep the right elbow close to the body • Bend the elbow raising the right hand towards the right shoulder • Straighten the elbow lowering the right hand back down • Repeat on the left side	• Use a lighter band for less resistance
Resistance band exercises - triceps curl	• Place the band around the bottom of the net post • Position the chair with the back to the net post (so the band is behind the back) • Hold the band in the right hand, with the hand touching the back on the neck and the elbow high • Pull the band upwards straightening the arm so the hand is high above the shoulder • Bend the elbow so that the hand returns to the back of the neck • Repeat on the left side	• Use a lighter band for less resistance



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Resistance band exercises - internal and external rotations	- Place the band around the net post at waist height - Position the chair to the right of the net post - Hold the band with the left hand, with the left elbow against the side of the body and bent at a 90° angle - Rotate the left arm across the middle of the body towards the right hip, keeping the elbow against the side of the body (internal) - Release back to the left side and repeat the action - Change to hold the band in the right hand keeping the chair in the same position - Start with the hand by the left hip - Keep the right elbow into the side of the body and pull the band from the left hip out to the right side as far as possible (external) - Rotate back and repeat the action - Turn the chair 180° so that the net post is now to the right side - Repeat the actions as above now working on the right arm internal rotation and left arm external rotation	Use a lighter band for less resistance
Resistance band exercises - lateral raises	- Place the band under the chair foot plate - Sit in a tall seated position, with shoulders back - Tuck elbows to the side of the body - Place hands in a fist - Lift both elbows upwards and outwards, to shoulder height - Lower back to the starting position	Use a lighter band for less resistance

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Resistance band exercises - front raises	- Place the band under the chair foot plate - Sit in a tall seated position, with shoulders back - Tuck elbows to the side of the body - Place hands in a fist with thumbs facing up - Move fists upwards towards the shoulders in a slow rhythmic motion - Move both arms together - Lower fists back down - Repeat sequence	Use a lighter band for less resistance
TIP Bands can be attached to a fence or another stationary object rather than a net post		