



Home Exercise Program for Cervical Level Spinal Cord Injury (SCI)

Supine Bilateral Shoulder External Rotation with Resistance Around Wrists



Setup: Begin lying on your back with your arms bent, the ends of a resistance band wrapped around each wrist, and a towel roll tucked between each arm and your trunk.

Movement: Slowly rotate your arms outward, pulling against the resistance. Hold briefly, then slowly return to the starting position and repeat.

Tip: Make sure to keep your elbows tucked at your sides and only move through a pain-free range of motion. Do not shrug your shoulders during the exercise.

Supine Cross Body Shoulder Stretch



Setup: Begin lying on your back.

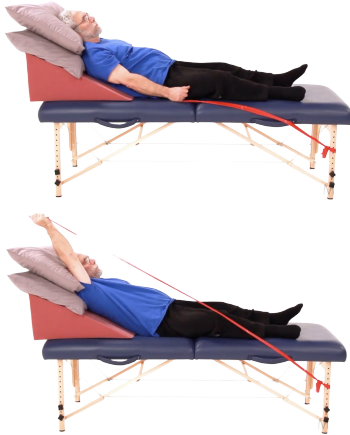
Movement: Lift one arm across your body, then gently press on your elbow with your opposite arm until you feel a stretch in your shoulder and hold.

Tip: Make sure to only move through a pain-free range of motion and continue breathing evenly during the stretch.



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Reclined Shoulder Flexion with Anchored Resistance

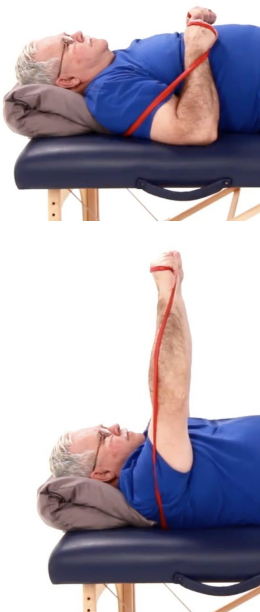


Setup: Begin lying on your back in a supported position, holding a resistance band that is anchored below your feet. You can lie completely flat or elevate your head as needed.

Movement: Raise your arm straight overhead, hold briefly, then slowly lower it back down and repeat.

Tip: Make sure to keep your movements slow and controlled. Do not shrug your shoulder or lock your elbow during the exercise.

Supine Serratus Punches Resistance



Setup: Begin lying on your back, holding the ends of a resistance band that is wrapped around your back near your shoulder blades.

Movement: Raise your arms toward the ceiling. Punch your arms straight forward toward the ceiling, lifting your shoulders off the mat and pulling your shoulder blades apart. Hold, then lower them back down and repeat.

Tip: Make sure to keep your head supported and your neck in a neutral position. Do not shrug your shoulders during the exercise.



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Reclined Shoulder, Elbow, and Wrist Extension Weight-Bearing



Setup: The patient should sit slightly reclined with fingers bent, elbow rotated back, and hand resting palm-down on the caregiver's leg. The caregiver should sit to the side and slightly behind, with one hand on the patient's shoulder and the other holding their hand in place.

Movement: The patient should push their hand gently down into the caregiver's leg, and hold briefly. Relax, and repeat.

Tip: The patient should keep their head and neck relaxed. Make sure to move your shoulder within a comfortable range of motion.

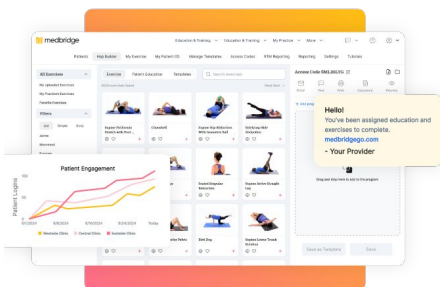
Supine Belly Breathing with Hands on Stomach



Setup: Begin lying on your back with your hands on your stomach.

Movement: Inhale slowly through your nose, expanding your belly to lift your hands. Pause for a second. Then exhale gently and fully through pursed lips, aiming to make your exhale twice as long as your inhale.

Tip: Focus on keeping your chest still and letting your belly do the work. If you're using a timer, start with 3 seconds in / 6 seconds out.



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Disclaimer: This program provides exercises related to preventative maintenance OR to your condition that you can perform at home. As there is a risk of injury with any activity, use caution when performing exercises. If you experience any pain or discomfort, discontinue the exercises and contact your healthcare provider.