

Quadriplegia

1. Breathing exercise: position- sitting/ lying on back- remove air from mouth followed by breath in through nose – 6-10 times/2hours.
2. Bridging exercise-30times/ twice daily
3. Rolling on bed -30times/ twice daily
4. Upper limb strengthening exercises by sand bag or dumbbell or elastic band. Each muscle -10 times / daily – 1minutes rest, 3 sets twice daily.
5. Sitting balance on bed or Swiss ball for 10- 20 minutes and push up- 10-20 times/ 1hour
6. Ball throwing and catching exercise- 30- 50 times twice daily
7. Stretching exercises- calf,hamstrings, inner thigh muscles, shoulder muscles and upper back muscle- each muscle- 2to 5minutes ,5 sessions/ twice daily.
8. Bedsore checking– at least twice daily
9. Wheel chair- move forat least 30- 50 metres, transfer, lift up- 10 seconds every 10 minutes
10. Standing with wooden slab at holding window/ put pillow at knee for10 to 30 minutes

Paraplegia:

Above exercises should continue“+”

11. Balance on big wheels and lifting small wheel to air
12. Sitting to standing- 20-30 times twice daily
13. Standing and walking with supports if required- 20- 30 minutes
14. Stair climbing-up and down with/ without supports for 10minutes- 20 minutes

Leisure and sport activity:

Ball / short putthrowing:

Dart throwing:

Wheel chair aerobic exercise:

Balloon Inflating:

Upper limb:-

Neck muscles stretching- bend neck so that right ear will be near to RTshoulder and then for opposite sides. Do for front and back side.

Shoulder stretch-a. Take Straight arm crossing chest to opposite side and move it further by other arm.

b. Lift the both arms above head, put RT hand behind head and pull toward opposite side and down by LT hand and vice versa.

Wrist muscle stretching: Keep arm straight in front. Bend the wrist so that the palm is toward face and further stretch it by other hand.



Hamstring stretching:- Maintain the knee straightening by opposite hand and then pull ankle by other hand

Trunk stretching exercise as shown in picture:



Strengthening exercise:- shoulder rotation in ward and out ward

Keep arm at side. lift shoulder move forward and back ward

Shoulder raising at side:- hold dumbbell in both hand ,lift arm at side with elbow straight

Elbow bending and straightening with weight / band :

Wrist muscle resistance exercise:



Make big circle in forward and at side by both arm with elbow straight.

Dribbling any ball

Karate activities with arm

Arm boxing practice

Leg exercises:-

Knee muscle- Sitting position- make knee straight as much as possible.

You can put resistance at ankle if knee straightening is easier.

Ball kicking.



: Trunk exercise- Side bridging- 20 to 30 times twice daily

Trunk bending forward exercise- lying on back and lift head ,upper trunk and both upper limb up and toward feet.

Kneeling on all four then if capable, do one arm and opposite leg raising off the ground.

Keep for some time and then change to the side.

Pressure relief-



