

Recommended adapted physical activities

Games and simple activities

For youth

- Many activities can be played by wheelchair users
- Throwing balls, field games, racquet sports

For adults

- Various sports can be played by wheelchair users
- Strengthening exercises and functional activities (such as sit-to-stand and forward reaching) can be done sitting
- Resistance bands can also be used



Flexibility activities

For all (can use resistance bands)

- Upper body: chest, shoulder, and triceps stretches
- Lower body: hamstring, quadricep, and calf stretches
- Total body flexibility: child's pose, cat-cow, prone cobra



Aerobic activities

For youth

- Swimming and floor activity with yoga and stretching



For adults

- Supported walking with cane/walker etc, bicycle ergometer, elliptical, swimming, or water aerobics



Resistance activities

For all (body weight)*

- Upper body: partial push ups on knees
- Lower body: glute bridge on bed, step *in place*, calf raise while seated
- Core: sit-ups, plank variations, side bends
- Yoga and pilates**



For all (can add resistance band or use light weights)

- Upper body: bicep curls, tricep extensions, lateral/front raises, chest press, seated or bent-over rows, band pull apart
- Lower body: clamshells, lateral band walks, leg press, romanian deadlift, hamstring curls, leg extensions



**Can also be done with a resistance band or free weights*

***Yoga and pilates have strong flexibility components as well*

REMEMBER THAT EVEN SHORT BOUTS OF ACTIVITY CAN GO A LONG WAY!

Please note that these are general recommendations and should not be considered a substitute for personalized advice from a professional