

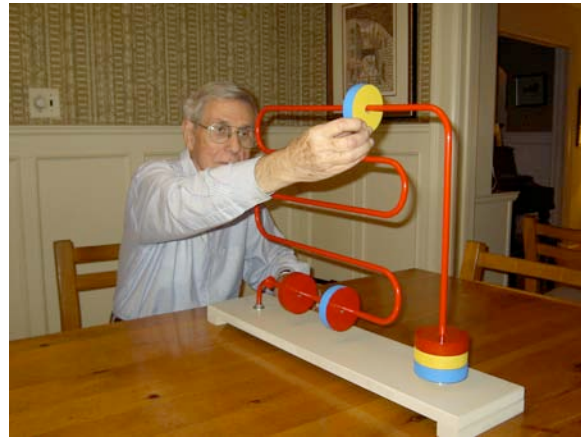
# The Reachability Station

## Trunk flexibility and upper extremity exercises

### 1. FORWARD REACH:

Place station lengthwise (vertically in front) on a table or tray table

Grab the edge of the wooden disc either with a grasp (your hand in open, finger rounded position) or pinch (hold in between the thumb and the index finger). Move the disc along the rod; forward, up and around and back: going up to the top and then lowering the disc down the rod at the other end. Repeat and then bring the discs to the starting position.



Repeat with opposite hand.

Please note: this can also be done with the vertical rod facing you.

### 2. MIDLINE CROSSING

(also supination and pronation if elbows are kept in at your side)

Place station width wise (horizontally in front) on a regular table or a tray table.

Grasp or pinch a disc with your fingers as described above and move the disc across your body to the other side. Repeat then bring the discs to the starting position.



Repeat with opposite hand.



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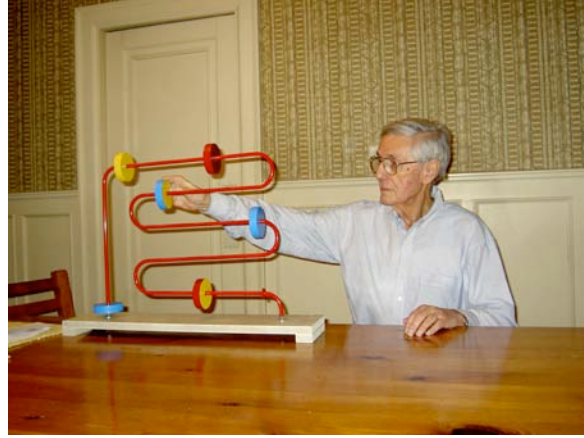
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### 3. SIDEWAY REACH

(also shoulder abduction with shoulder flexion)

Place station widthwise (horizontally) on a regular table or tray table off to one side.

Repeat exercise as noted above.



### 4. DOWNWARD REACH

Place station on floor in front of you. You can start with the discs either all at the top and then moving them down towards the floor or starting with them on the floor and moving them along the rod back up to the top.

Encourages downward reach and increased trunk flexibility.



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