

Strengthening Exercises for Cherry Picking Safety

Shoulder Blade Pinch (retraction)

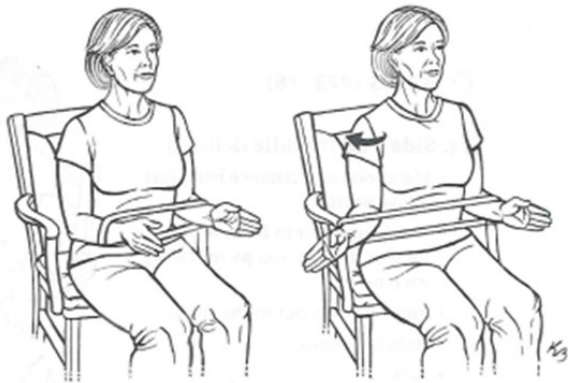
Purpose: ROM, Strength, Posture

- Sit at edge of chair or stand with arms relaxed at sides.
- Pull shoulder blades back and toward each other.
- Hands should remain relaxed at sides.
- Hold 6 seconds.
- Relax.



PRECAUTIONS

- None



Rotator (shoulder strengthener, external rotation)

- Put resistance band just above wrists, keeping elbows bent and tucked to the side.
- Pull one arm out, rotating at the shoulder.
- Hold 6 seconds.
- Relax slowly.
- Repeat with other arm.



PRECAUTIONS

- Dizziness, Neck pain

Heel-Toe-Lift (ankle dorsiflexion/plantarflexion)

Purpose: ROM, Strength, ADLs—Walking, climbing stairs

Version A (sitting)

- Sit with feet flat on floor.
- Lift heels, keeping toes on floor.
- Return to flat.
- Lift toes, keeping heels on floor.
- Return to flat.

Version B (standing)

- Stand up straight holding on to chair.
- Rise up and stand on toes.
- Hold 3 seconds.
- Lower slowly to flat feet.
- Challenge: Stand on one leg and raise heel. Repeat on other leg.



PRECAUTIONS

- Osteoporosis, Balance, Back pain



Biceps Curl (biceps)

- Hold weights in hands.
- Place arms by sides with palms up and elbows relaxed.
- Bend elbows up, bringing hands toward shoulders.
- Lower slowly.

! PRECAUTIONS

- None

Side Trunk Bend (lateral trunk flexion)

Purpose: ROM, Strength, ADL—Reaching

Version A

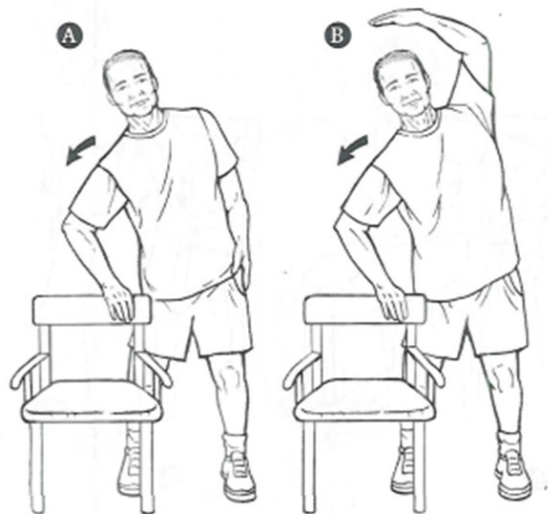
- Hold on to back of chair if standing.
- If sitting, hold on to arm or seat of chair.
- Lean trunk sideways, slowly bending at waist.
- Repeat to other side.

Version B

- Raise one arm overhead as you bend to opposite side.

! PRECAUTIONS

- Osteoporosis, Balance, Back pain



The Row with Weights (biceps, rhomboids)

- With weights in hands, hinge forward from hips, keeping back straight.
- Lower hands slowly toward floor by straightening elbows.
- Move elbows up and back in a rowing motion, pinching shoulder blades together.

! PRECAUTIONS

- Numbness of wrist or fingers

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Exercises from the *Arthritis Foundation Program Exercise Manual*.