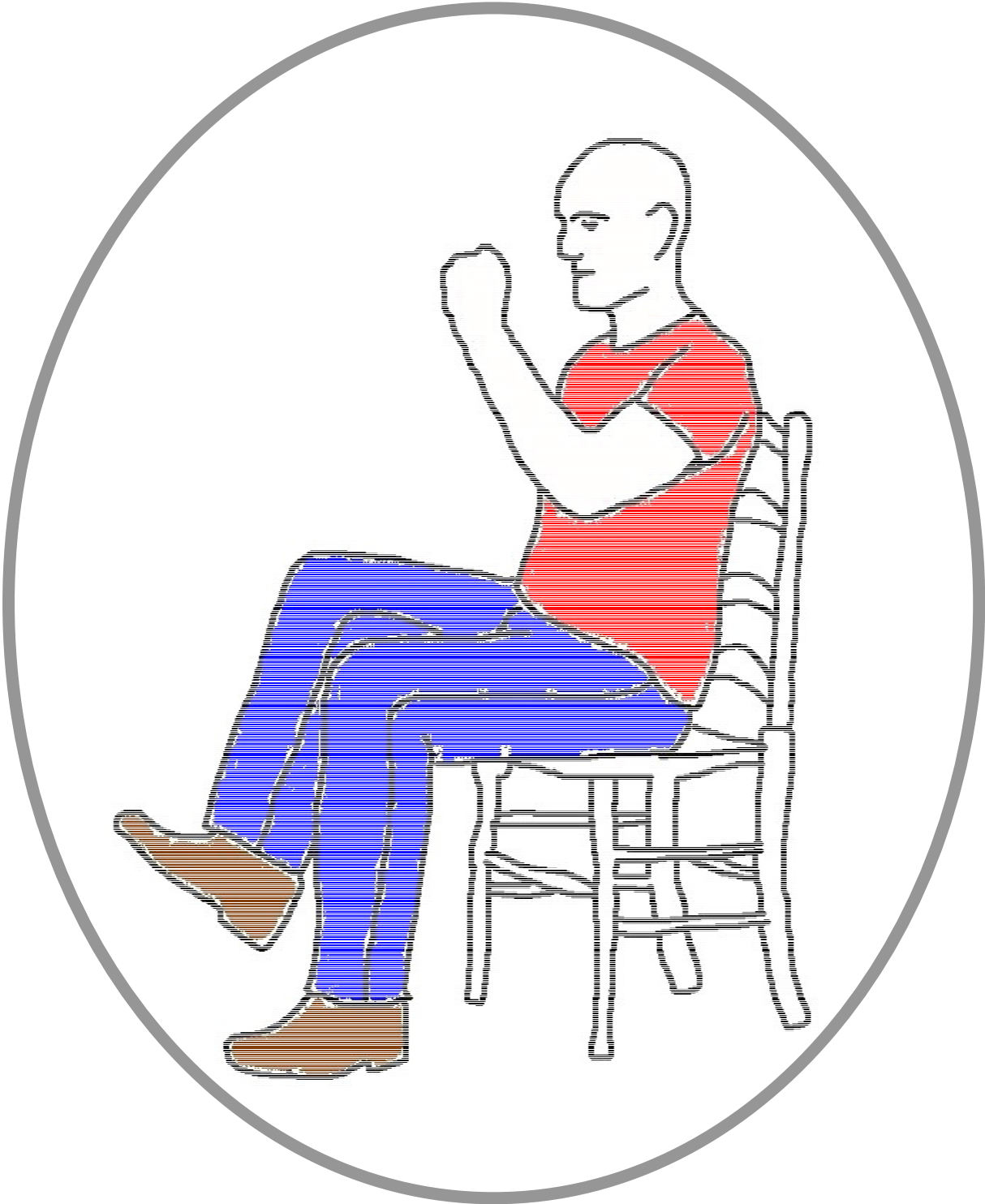


Chair Based Exercise




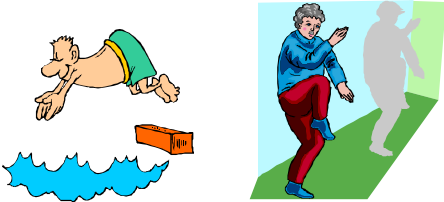

This book is dedicated to the memory of
Edith Olive Anthony Checkland

Introduction


This booklet contains exercises aimed at older people who wish to either maintain or increase their independence.

Research has shown that many of the exercises can help to strengthen muscles and bone. Stronger muscles make every day activities such as washing, dressing, shopping or doing house work easier and less of a strain. You are less likely to injure your self doing everyday activities, stronger muscles help to improve balance and walking. There are exercises included that will help to improve your circulation which in turn will help to lessen cramp and help to keep you warmer.

BENEFITS OF EXERCISE

<p>PROBLEM I HAVE OR WANT TO AVOID</p> 	<p>EXERCISE CAN HELP BECAUSE</p> 	<p>WHAT YOU WILL NOTICE</p> 
<p>NO ENERGY LAZY</p> <p>SHORT OF BREATH</p>	<ul style="list-style-type: none"> • Improves stamina and muscle power • Removes waste quicker • Stimulates circulation to all organs including the brain • Lose weight 	<ul style="list-style-type: none"> ✓ It is easier to move from place to place ✓ Feel less sluggish ✓ More energy for day-to-day activities
<p>HIGH BLOOD PRESSURE</p> <p>HEART ATTACK</p> <p>HEART DISEASE</p> <p>STROKE</p>	<p>Helps lower cholesterol level, stress hormones and muscle tension</p> <ul style="list-style-type: none"> • Helps lower blood pressure • Keeps the heart muscle strong • Aids circulation and helps blood and body fluids to move 	<ul style="list-style-type: none"> ✓ Feel better, more energetic ✓ Feel less dizzy ✓ Prevents ankle swelling, blood clots, leg ulcers and foot pain
<p>OVERWEIGHT</p>	<ul style="list-style-type: none"> • Burns more calories and replaces inactive fat with muscle. • Increases muscle mass 	<ul style="list-style-type: none"> ✓ Muscles burn calories even when you sleep, so losing weight and keeping it down is easier
<p>SWOLLEN FEET</p>	<ul style="list-style-type: none"> • The movement of muscles massages veins so blood and fluids return from the feet. 	<ul style="list-style-type: none"> ✓ Reduces swollen ankles and feet. ✓ Walking becomes easier

<p>OSTEOPOROSIS</p>	<ul style="list-style-type: none"> • Muscle pulling on bone stimulates bone growth, making bones stronger and less likely to break <p>STANDING OR WEIGHT BEARING FOR 4 HOURS A DAY HELPS</p>	<ul style="list-style-type: none"> ✓ Less likely to break a bone if you fall ✓ Less pain ✓ Better posture helps prevent falls
<p>ARTHRITIS</p>	<ul style="list-style-type: none"> • Stronger muscles help to hold the joints in correct position so there is less wear and tear on them • Moving joints helps to “nourish” them and keeps a good range of movement. 	<ul style="list-style-type: none"> ✓ Less wear and tear on joints means less PAIN ✓ You will be able to keep doing things for yourself: (<i>wash hair, do up buttons, put own shoes on, walk more easily and safely</i>)
<p>CANCER: Breast, colon, prostate</p>	<ul style="list-style-type: none"> • Burns fat, which stores carcinogens • Gets rid of waste quicker 	<ul style="list-style-type: none"> ✓ More regular bowel movement ✓ Feel more comfortable in the abdomen ✓ Burning fat helps to lose weight
<p>KIDNEY DISEASE</p>	<ul style="list-style-type: none"> • Lowers blood pressure and blood sugars so less risk to kidneys • Being upright helps kidneys to drain • Stimulates circulation and thirst • Removes body waste and drug “left overs” 	<ul style="list-style-type: none"> ✓ Kidney infections can cause backache and a general feeling of lethargy. • Will feel thirsty, Increased thirst increases fluid intake, = increased urine flow, flushing kidneys and decreasing the chance of stagnation, infections and stones ✓ Feel more lively and energetic
<p>CAN'T SLEEP AT NIGHT NIGHT VISITS TO THE LOO</p>	<ul style="list-style-type: none"> • Using the body during the day will help muscles relax and rest at night • Helps fluid circulate from legs to kidneys during the day rather than at night 	<ul style="list-style-type: none"> ✓ Getting a better night's sleep will aid restful sleep, helping you to feel more alert and energetic on waking

<p>CONSTIPATION BLOATING</p>	<ul style="list-style-type: none"> • Stimulates circulation and colon activity • Decreases need for medicines 	<ul style="list-style-type: none"> ✓ Feel more energetic ✓ Feel more comfortable ✓ Less wind to deal with
<p>DEPRESSED</p>  <p>DON'T LIKE THE WAY I LOOK</p>	<ul style="list-style-type: none"> • Exercise releases endorphins, "feel good" chemicals in the brain which help you to feel cheerful and positive • Lose weight • Tone up muscles 	<ul style="list-style-type: none"> ✓ Release of endorphins helps you to feel happy and alert ✓ May not need medicine or so many ✓ Toning the body and losing weight will make you look better, clothes fit better. ✓ Have more self esteem.
<p>LOW BACK PAIN</p>	<ul style="list-style-type: none"> • Improves abdominal muscle tone • Improves posture • Prevents constipation and bloating which stresses muscles causing pain 	<ul style="list-style-type: none"> ✓ Better posture and good abdominal muscles will help prevent back pain and make you feel better about yourself ✓ Good posture helps in preventing trips and falls
<p>URINARY INCONTINENCE</p>	<ul style="list-style-type: none"> • Stimulates muscle tone and thirst, which stimulates urine flow • Stronger deep abdominal muscles will also mean stronger pelvic floor muscles • Fear of drinking goes. Drinking more will stop dehydration which causes headaches and lethargy • Moving easier so no delay in toileting, will prevent infection and overfilling 	<ul style="list-style-type: none"> ✓ The deep abdominal muscles work together with the pelvic floor muscle which will make it easier to control the urge to urinate ✓ Less fear of accidents happening ✓ Less headaches, feel more energetic
<p>INJURY</p>	<ul style="list-style-type: none"> • Exercise increases strength, flexibility and balance. • Encourages better posture and body alignment • Decreases wear and tear • Decreases chance of falls and injury 	<ul style="list-style-type: none"> ✓ More confident to move about ✓ Less pain if muscles are stronger ✓ Everyday tasks become easier and therefore less tiring, so more energy and "verve".

***CHANGE BEHAVIOUR FIRST,
ATTITUDE WILL FOLLOW
THE MORE ONE SITS THE WEAKER AND MORE
FRAIL ONE BECOMES
USE IT OR LOSE IT!***

It is important that before you start an exercise programme you speak to your Doctor especially if you could answer **YES** to any of the following:

- Have you at any time been told you have heart trouble or you are being treated for a heart condition?
- Have you had a heart attack in the last 3 years?
- Have you had any chest pains while at rest or during exertion?
- Do you have dizzy spells?
- Do you have fast, slow or irregular heart beats?
- Do you have uncontrolled high blood pressure?
- Have you had diabetes for more than 10 years?
- Have you had any shortness of breath after mild exertion, at rest or even at night in bed?
- Have you recently broken any bones?
- Do you have any joint problems?
- Do you ever get pain in your buttocks, back of your legs, thighs or calves when walking?
- Do you have swollen ankles, feet or hands?
- Do you take Diuretics?
- Have you had more than one fall in the last year?
- Have you been inactive for more than 3 years and are over 65?

If you answer **YES** or **DON'T KNOW** to any of the following questions you can make an appointment to see your doctor and may want to discuss a cause of action.

Y N
Y N
Y N

Fall Problem Identification

Have you had a fall in the last year? YES / NO

If yes: -

Did you hurt yourself or need to call a doctor? YES / NO

Were you able to summon help? YES / NO

Are you able to do the things you used to, prior to the fall? YES / NO

Have you broken any bones as the result of a fall?

i.e. from standing height or below (not from a ladder) YES / NO / DON'T KNOW

Is there a family history of osteoporosis?

(e.g. maternal hip fracture) YES / NO / DON'T KNOW

Have you ever been prescribed systemic steroids

for longer than 3 months? YES / NO / DON'T KNOW

Blood Pressure

When did you last have your blood pressure checked?

Have you had a check for POSTURAL HYPOTENSION?

(when lying to standing blood pressure is checked)

Are you on 4 or more medications? YES / NO

When did you last have a review of your medications by your GP?

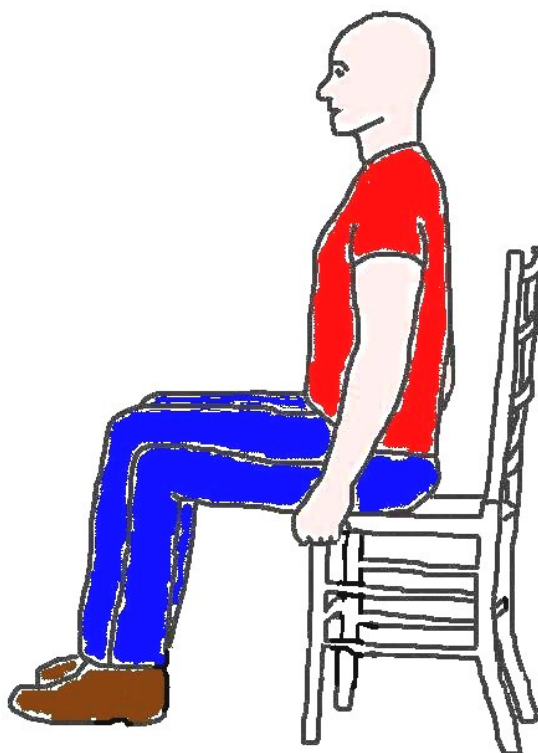
SECTION 1

Warming Up/Get Moving

It is important that before you start doing any of the exercises that you are *'warm'*. This involves movements that will help to promote your circulation and warm your muscles and joints.

Sitting Posture/Posture check

- Sit towards the front of the chair so that there is a gap between your back and the back of the chair.
- Make sure that your feet are flat on the floor and they are not tucked back under the chair. Your ankles should be directly below your knees.
- Feet and Knees should be hip width apart.
- Try to lengthen your spine so that you feel yourself growing taller. *Imagine a piece of string attached to the top of your head keeping your neck long and your ribs lifted away from your hips.*
- Try to pull your navel back towards spine *(this will help to support your back and improve your posture).*
- Chin should be parallel to the floor and you should try to look straight ahead.
- Now breathe!



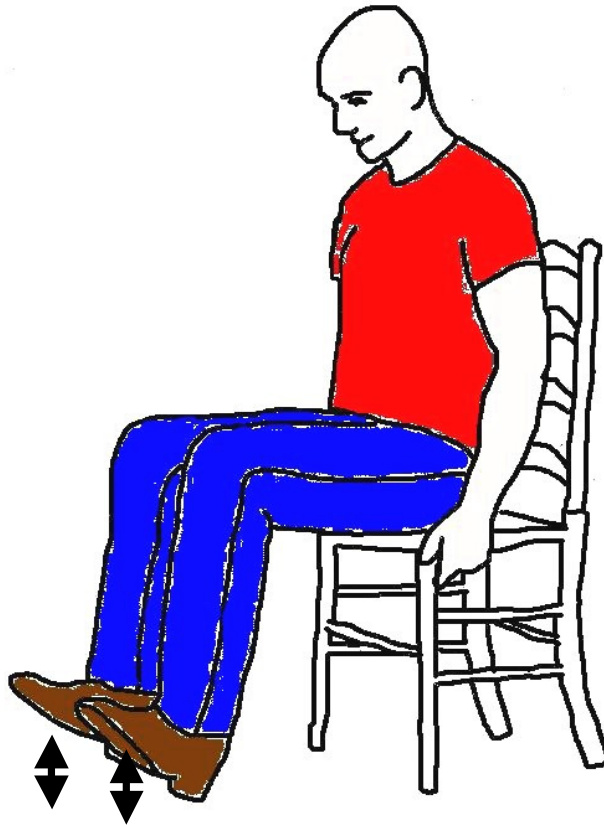
Exercise 1

Toe Taps

First check your posture

Tap your toes up and down at a speed that is comfortable for you.
Imagine you are tapping your toes to a lively piece of music.

Continue for about 20 – 30 seconds



Benefits

Improves circulation and warms the muscles around the ankles.
Improves walking
Can help to reduce swelling around the ankles

Alternatives

Do one foot at a time or tap your heels.

Exercise 2

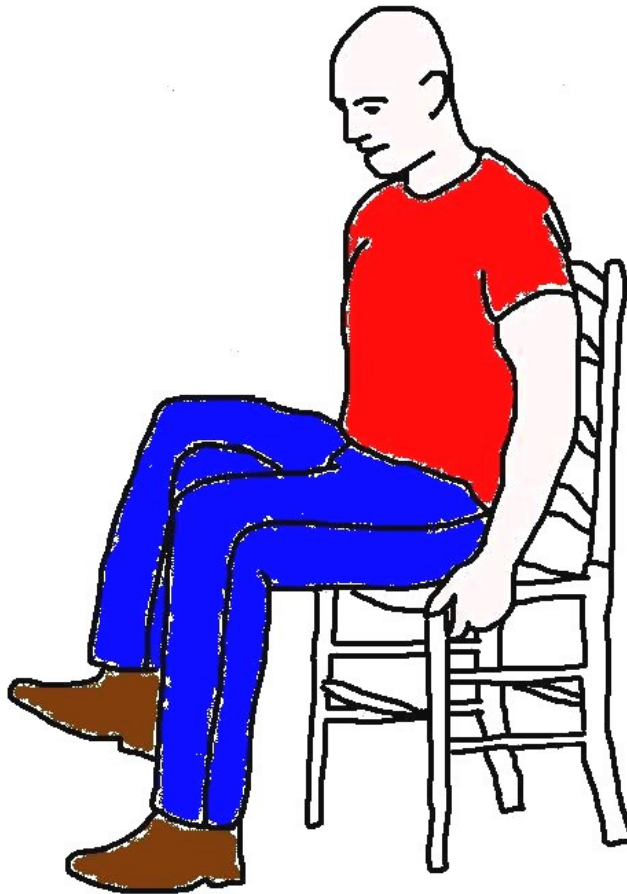
Leg Marches

First check your posture

Lift alternate legs so that your feet lift about 2 inches from the floor at a speed that is comfortable for you.

Imagine you are walking along at a brisk pace.

Continue for about 20 – 30 seconds



Benefits

Improves circulation and warms the muscles around the hips and thighs.

Improves walking

Alternatives

Lifting alternate heels.

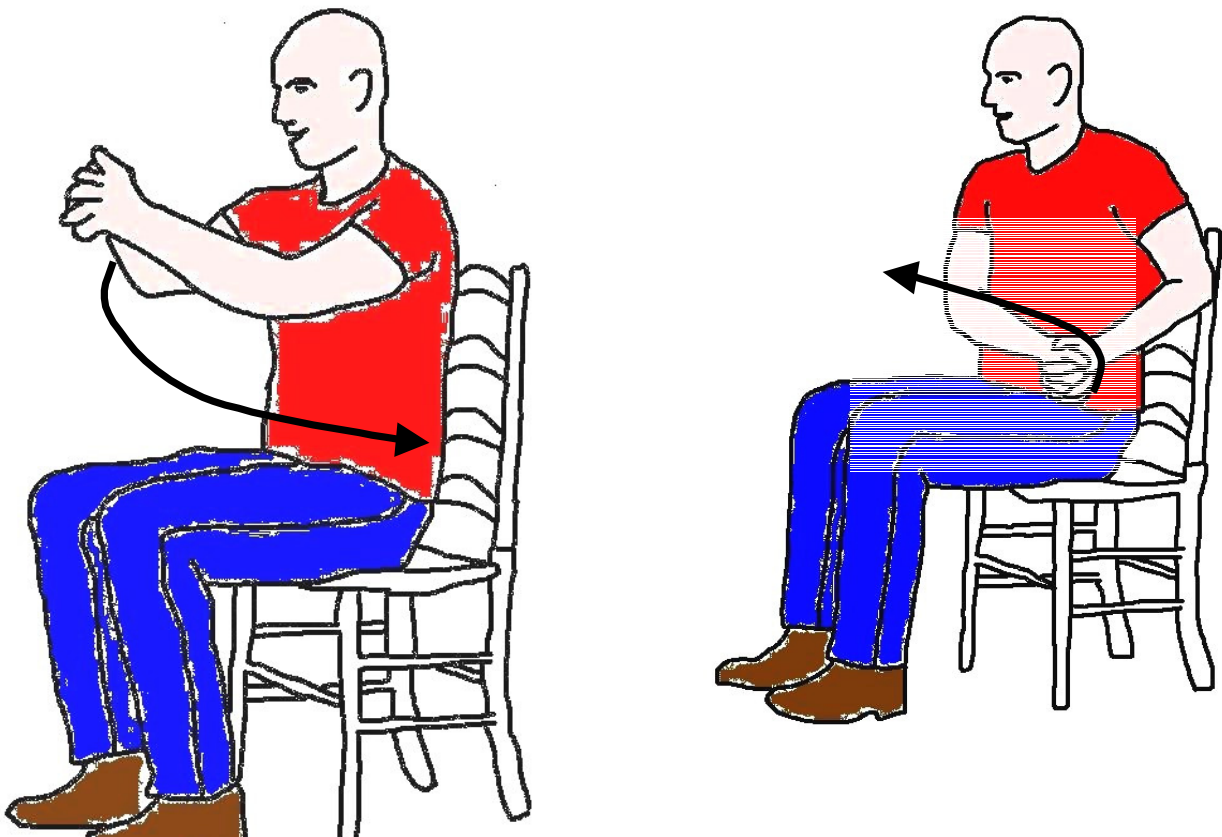
Exercise 3 Rowing

First check your posture

With your hands together reach out in front and pull your arms back to one side and then the other.

Imagine you are paddling a canoe down the river.

Continue for about 20 – 30 seconds



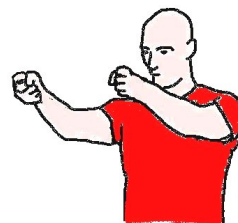
Benefits

Improves circulation and balance.

Warms the muscles around the shoulders, chest and back.

Alternatives

Push and Pull.



Exercise 4

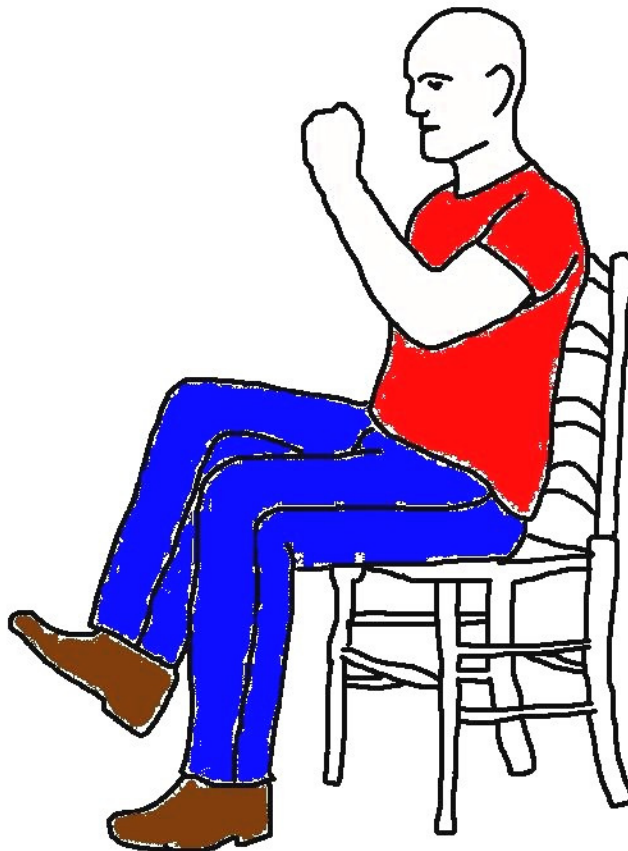
Chair Marching

First check your posture

Lift alternate legs so that your feet lift about 2 inches from the floor and swing your arms forwards and back at a speed that is comfortable for you.

Imagine you marching along at a brisk pace.

Continue for about 20 – 30 seconds



Benefits

Improves circulation and warms the muscles.
Improves walking and balance

Alternatives

Do just the arms or the legs.

SECTION 2

Mobility

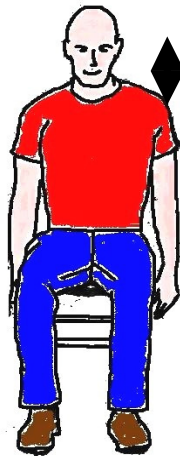
These are exercises that involve gentle movements to loosen and lubricate the joints.

This will help to improve your suppleness/flexibility.

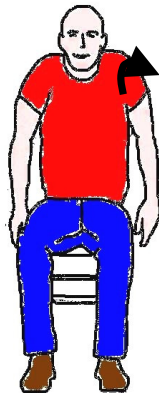
Exercise 1 Shoulder Mobility

First check your posture

Start by lifting your shoulders up and down 4-5 times



Now gently bring them forwards then up, roll them back and down.
Imagine you are drawing a circle with the tip of your shoulder.
Repeat 4-5 times.



Benefits

Loosen and lubricates the shoulder joint which helps with reaching.
Helps to release tension and prevent round shoulders.
Improves posture.

Alternatives

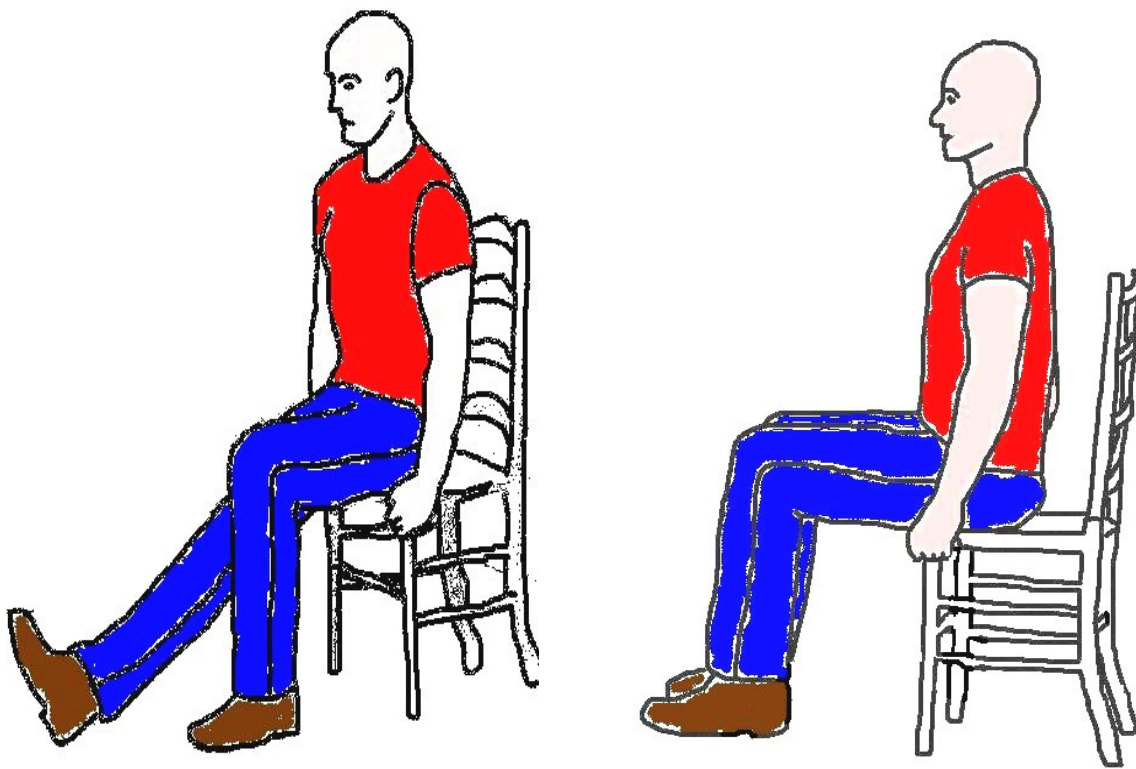
Do one shoulder at a time.

Exercise 2

Leg Mobility

First check your posture

Straighten one leg at a time placing your heel gently on the floor then bend and repeat on the other leg.
Repeat 4-5 times



Benefits

Loosens and lubricates the knee joints.
Helps to improve balance and walking

Alternatives

Do all on one side before changing.

Exercise 3

Side Bends

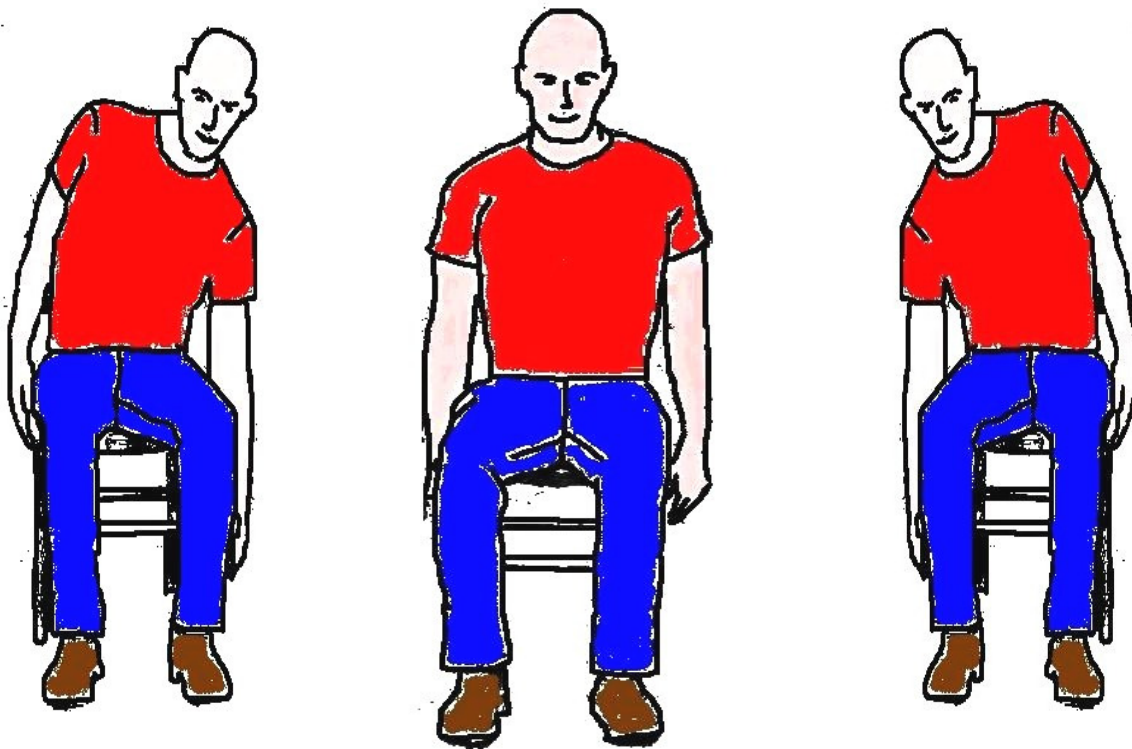
First check your posture

Gently bend to one side keeping your head and neck in line with your spine.

Imagine you are sliding between two panes of glass so that you can not lean forwards or back.

Return to the centre (pause for a second to check your posture) and repeat on the other side.

Repeat 4-5 times to each side.



Benefits

Loosens and lubricates the spine which helps with reaching down to pick things up from the floor.

Helps to improve balance.

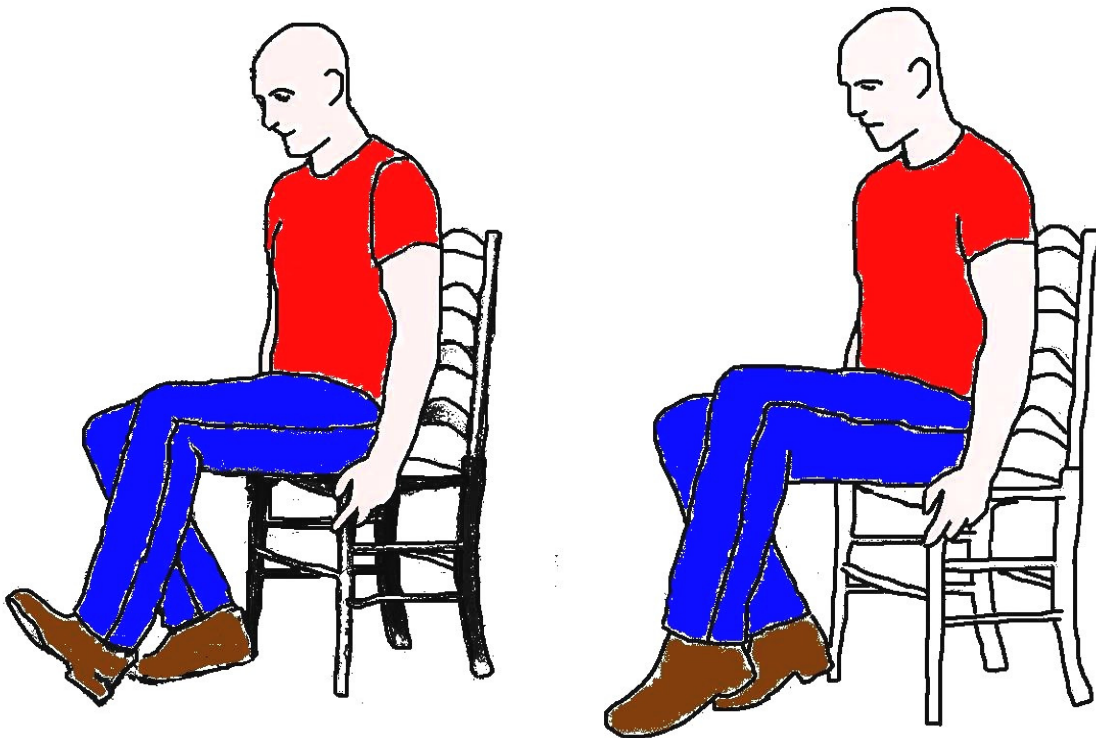
Alternatives

Hold onto the chair

Exercise 4 Ankle Mobility

First check your posture

Place your heel on the floor with your toe pointing up towards the ceiling – now try to put your toe on the same spot and lift your heel. Repeat 4-5 times



Benefits

Loosens and lubricates the ankles.
Helps to improve walking.
Can help to reduce swelling around the ankles

Alternatives

Keeping the foot flat on the floor – lift the toes first and then the heels.

Exercise 5

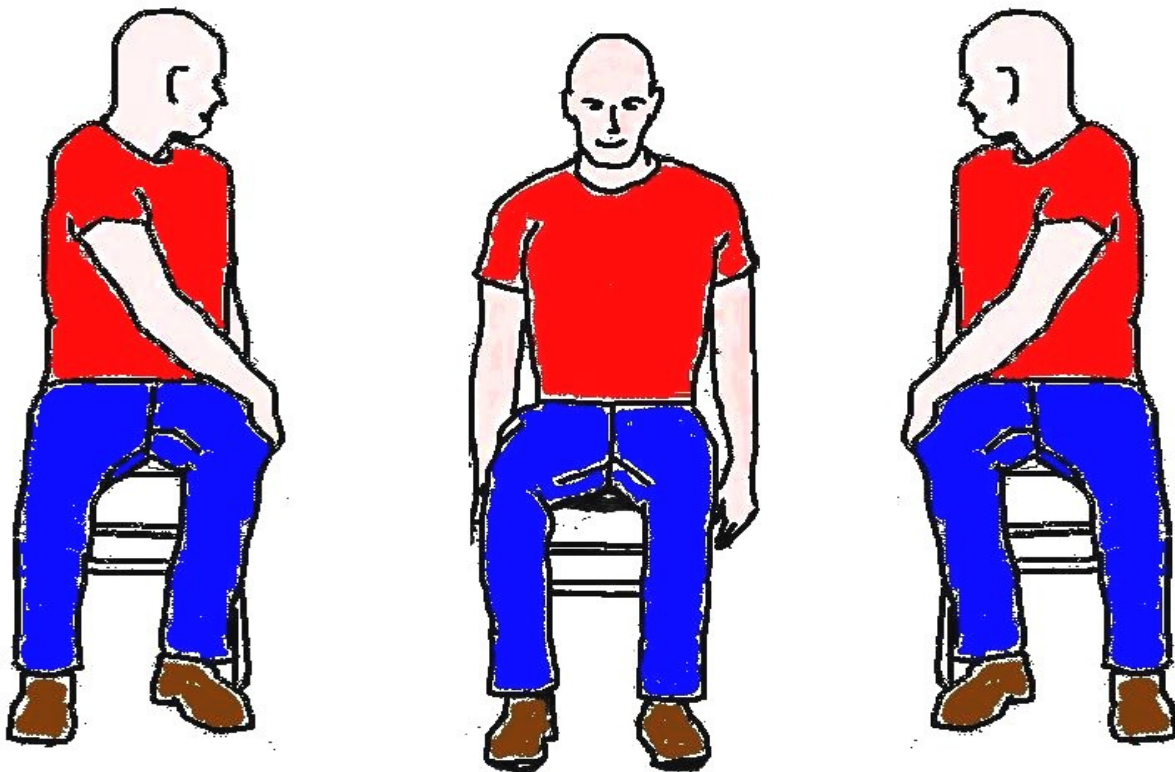
Waist Twists

First check your posture

Slowly turn your upper body and head to one side and gently look behind you.

Return to the centre (pause for a second to check your posture) and repeat on the other side.

Repeat 4-5 times to each side.



Benefits

Loosens and lubricates the spine which helps with reaching and looking behind you.

Helps to improve balance.

Alternatives

Hold onto the chair.

SECTION 3

Muscle Warming

This is to make sure your muscles are warm and ready for stretching.

Repeat the **Get Moving** exercises from SECTION 1 but for slightly longer (30 – 40 seconds) and a bit more vigorously.

SECTION 4

Stretches

Now that the muscles are warm it is important to stretch.

This will help to increase your flexibility/suppleness; it can also help to improve your posture and balance.

Stretch 1 Hamstring (Back of thigh) Stretch

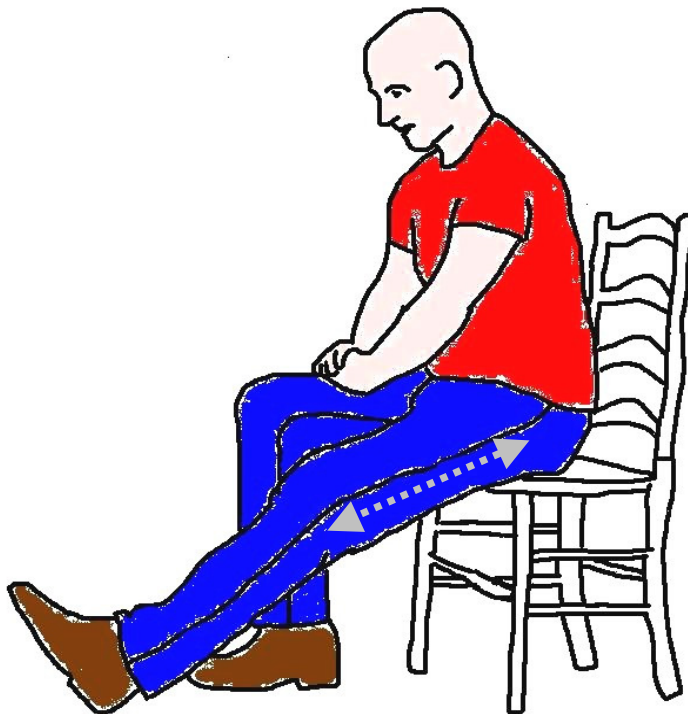
First check your posture

Sitting forward on your chair (if you feel at all unsteady hold onto the sides of the chair) slide one foot away from you until your leg is as straight as possible and your heel is resting on the floor.

Remembering to keep your back long, lean forwards bending from the hips.

Try to support your weight by placing your hands on the opposite thigh.

Do once on each leg and hold for about 6 – 8 seconds. Remember to breathe – *It might help you to remember if you count out loud.*



You should feel the stretch down the back of your thigh.

Benefits

Increases flexibility around the hip.

Can help to reduce lower back pain.

Helps with reaching down to pick things up from the floor or putting your shoes on.

Improves walking and balance

Alternatives

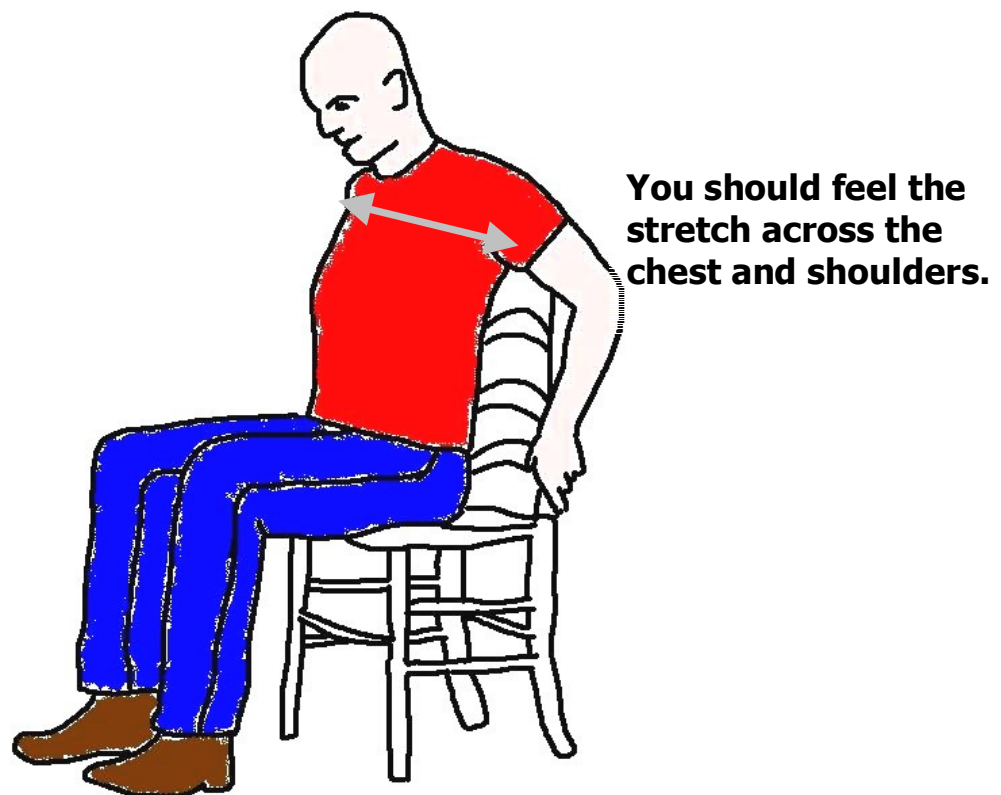
Straighten the leg as far as possible.

Stretch 2 Chest Stretch

First check your posture

Holding on towards the back of the chair with both hands – squeeze your shoulders together whilst keeping your back straight.

Hold for about 6 – 8 seconds. Remember to breathe – *It might help you to remember if you count out loud.*



Benefits

Helps to improve posture and helps with breathing.
Can also help with digestion

Alternatives

Squeeze shoulders together and hold.

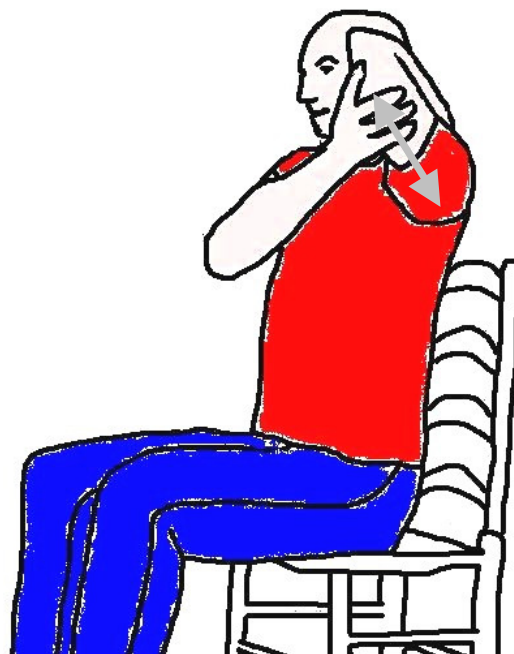
Stretch 3

Back of Arm (Triceps) Stretch

First check your posture

Place one hand on your shoulder. Using the other hand ease the elbow upwards and allow your hand to slide down your back.

Do once on each arm and hold for about 6 – 8 seconds. Remember to breathe – *It might help you to remember if you count out loud.*



You should feel the stretch at the back of your arm.

Benefits

Increases flexibility around the shoulder.

Helps with activities which involve reaching up or behind

Alternatives

Ease the arm up as far as you can.

Stretch 4

Calf Stretch

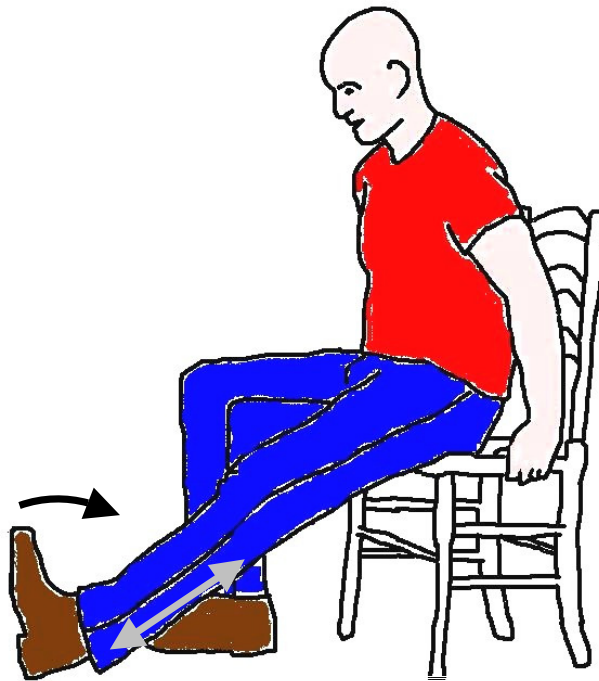
First check your posture

Sitting forward on your chair (if you feel at all unsteady hold onto the sides of the chair) slide one foot away from you until your leg is as straight as possible and your heel is resting on the floor.

Now pull your toes back towards your shins and lean slightly forwards from the hips.

Imagine pushing your heel away from you.

Do once on each leg and hold for about 6 – 8 seconds. Remember to breathe – *It might help you to remember if you count out loud.*



You should feel the stretch at the back of your leg.

Benefits

Helps to improve walking and bending.

Can help to reduce swelling around the ankles.

Alternatives

Straighten the leg as far as possible and lift toes.

Stretch 5 Side Stretch

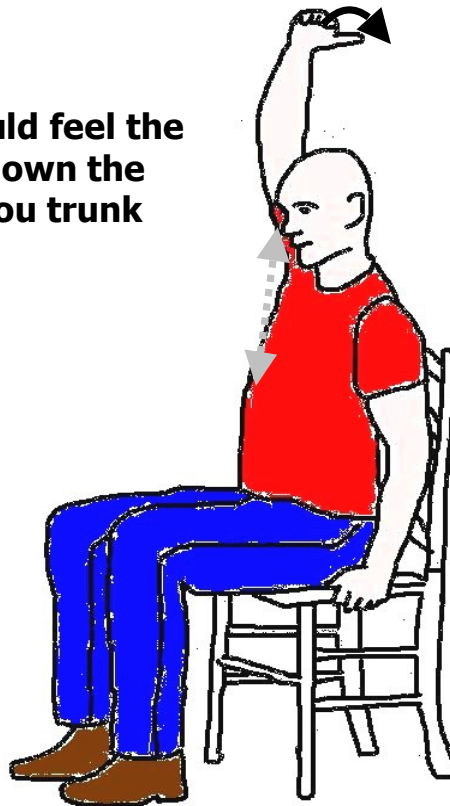
First check your posture

Holding onto the chair with one hand and reach up towards the ceiling with the other. Try to lift up as much as you can. Then try to reach a little further over your head.

Imagine you are trying to reach something from a high cupboard that is just out of your reach.

Do once on each arm and hold for about 6 – 8 seconds. Remember to breathe – *It might help you to remember if you count out loud.*

You should feel the stretch down the side of you trunk



Benefits

Helps improve flexibility around the shoulder and trunk.
Helps with activities which involve reaching up.
Helps to improve posture.

Alternatives

Reach up as far as you can.

SECTION 5

Re-Warmer

After stretching your muscles and joints need to be '*warmed-up*' again so that you can do the exercises safely and gain maximum benefits.

Repeat the **Get Moving** exercises from SECTION 1 but for slightly longer (30 – 40 seconds) and a bit more vigorously.

SECTION 6

Strengthening Exercises

These exercises will help to strengthen your muscles and bones. They are designed to make everyday tasks easier and will help to improve your confidence and reduce the risk of injury.

There are so many benefits (see introduction) but you should always work at a steady pace and not rush any of the exercises.

The number of times you do each exercise will depend on how you are feeling and the suggested number is only a guide. You may want to do less or even more! But it is important that you take time to increase the number you are doing and the amount you do each time.

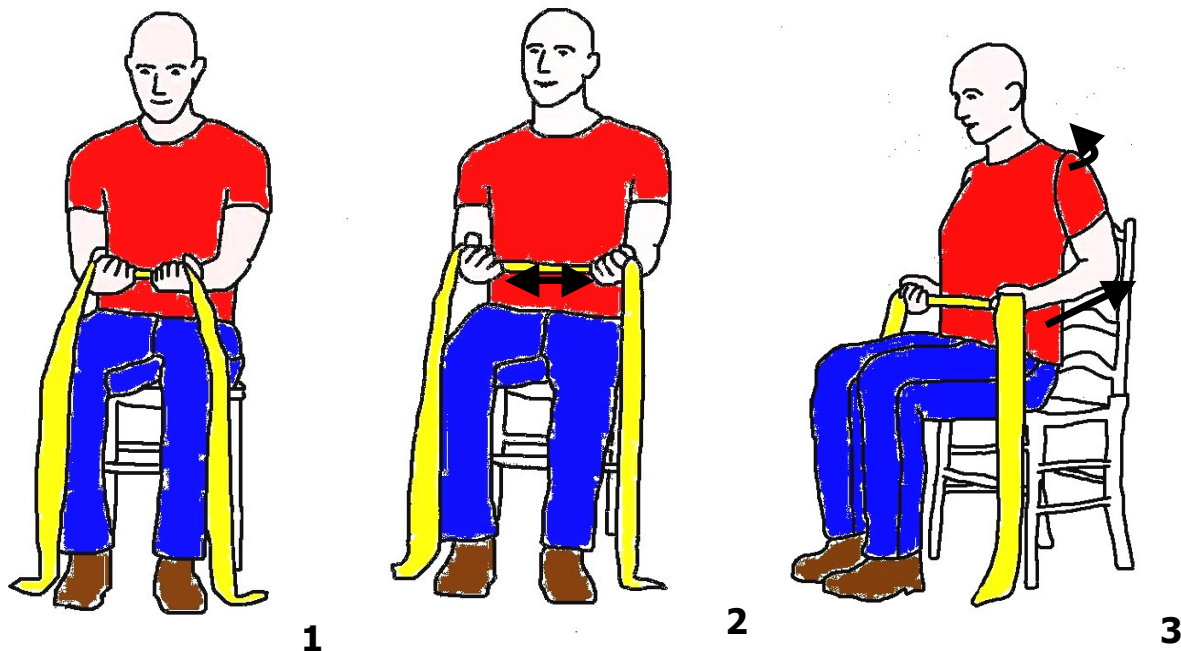
Strength Exercise 1 Upper Back Strengthenener

First check your posture

Hold the band with your hands about 2 inches apart and the palms facing upwards. Lift the band a few inches and pull it apart (*pictures 1&2*). Keeping your elbows against your ribs (try not to let your elbows lift out to the side) and keep your wrists firm.

Slide them towards the back of the chair and squeeze your shoulders together (*picture 3*). Hold for a 2 or 3 seconds (check your posture) then relax.

Repeat 8-10 times.



Benefits

Strengthens the muscles in the upper back.

Helps to improve posture.

Strengthens the muscles that help you lift and carry.

Increases the strength of your bones in your upper back.

Alternatives

Without a band.

Use an old pair of tights or knitted scarf.

Strength Exercise 2

Hip Strengthenener

First check your posture

With your knees and feet together wrap the band around your thighs (above the knees) keeping it fairly taught. Hold the ends of the band. Now carefully walk your feet apart (keeping your knees together) until they are just slightly wider than your hips (picture 1) – this is the start position.

Making sure you are holding the band squeeze your knees apart until they are in line with your ankles (picture 2). Hold for a 2 or 3 seconds (check your posture) then relax to starting position.

Repeat 8-10 times.



1



2

Benefits

Strengthens the muscles in the outer thigh, hips and bottom.
Strengthens the bones in your hips
Helps improve balance and walking

Alternatives

Without a band.
Use an old pair of tights or knitted scarf.

Strength Exercise 3

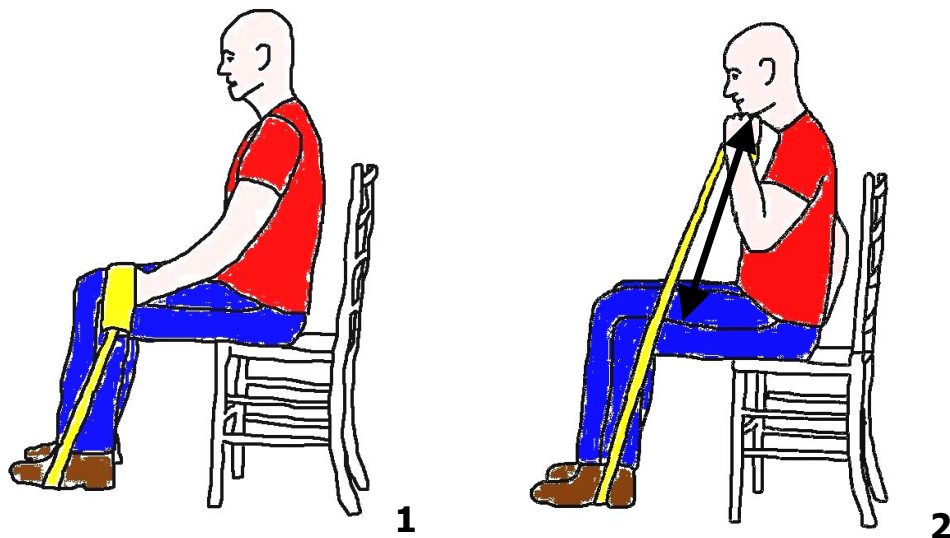
Arm Strengthenener 1 (Biceps)

First check your posture

With the band securely under both feet grasp it with one hand at about knee level (picture 1) – this is the start position. Do not wind the band round your hand as this will become uncomfortable.

Now curl your fist towards your shoulder keeping your elbow close to your ribs and your wrist firm (picture 2). Hold for a 2 or 3 seconds (check your posture) then relax.

Repeat 8-10 times on each arm.



Benefits

Strengthens the muscles at the front of the arm and shoulder.

Strengthens the bones in your upper arm and shoulder.

Strengthen the muscles that help you pull, lift and carry.

Alternatives

Without a band.

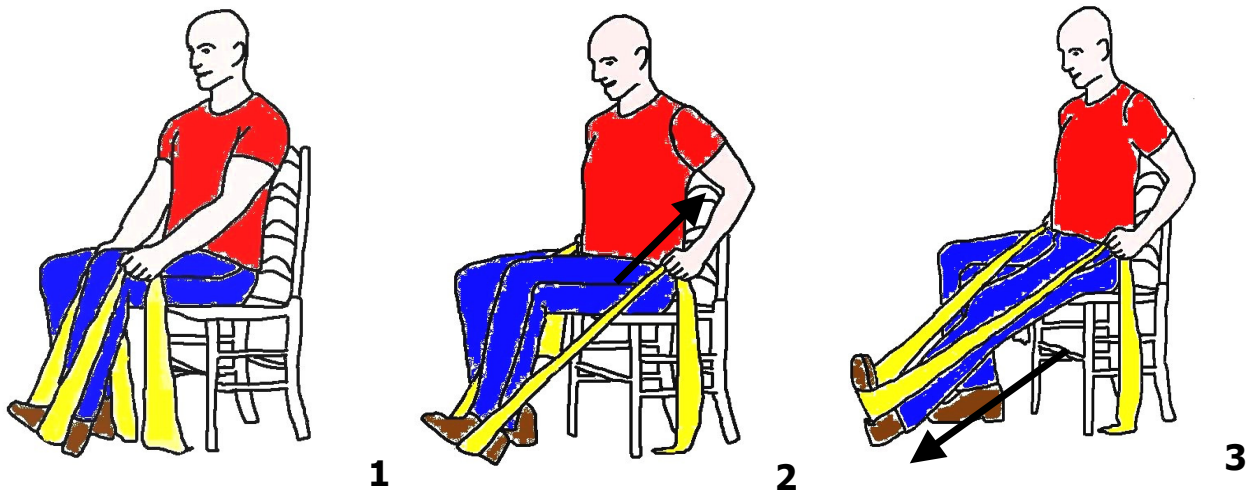
Use an old pair of tights or knitted scarf.

Strength Exercise 4 Thigh Strengthenener

First check your posture

Place the band under the ball of one foot and grasp it with both hands at about knee level (picture 1) – this is the start position. Then pull back with your arms as if you are rowing a boat (picture 2). Press your heel away from you until your leg is straight (make sure your heel is only an inch or so from the floor). *Imagine you are putting the break on in a car* (picture 3). Hold for a few 2 or 3 seconds (check your posture) then relax to starting position.

Repeat 8-10 times on each leg.



Benefits

Strengthens the muscles in the top of the thigh and around the knee.
Improves walking and being able to get in and out of a chair.
Strengthens the muscles that you use when going up or down steps.
Increases the strength of your hip bones.

Alternatives

Without a band.
Use an old pair of tights or knitted scarf.

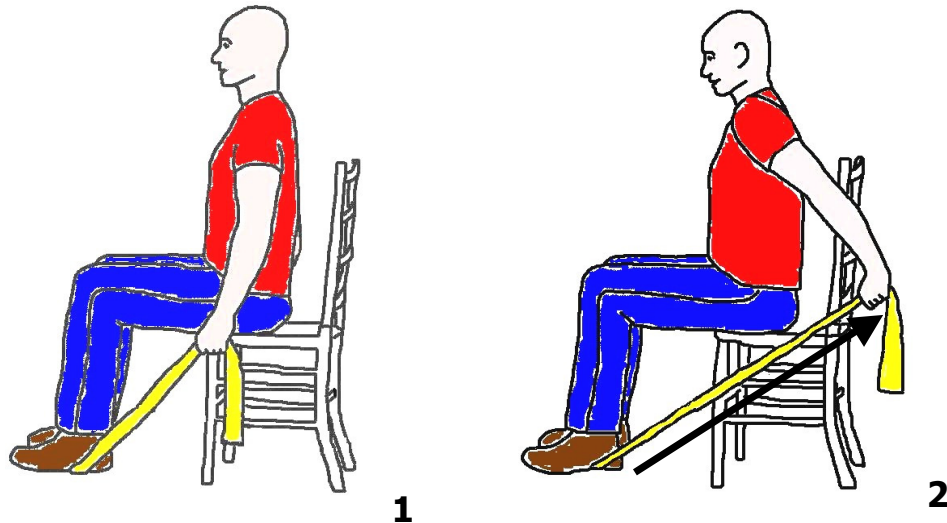
Strength Exercise 5 Arm Strengtheners 2 (Triceps)

First check your posture

With the band securely under both feet, grasp it with one hand at about knee level (picture 1) – this is the start position. Do not wind the band round your hand as this will become uncomfortable.

Now press your fist towards the back of the chair keeping your elbow close to your ribs and shoulders relaxed (picture 2). Hold for a few 2 or 3 seconds (check your posture) then relax.

Repeat 8-10 times on each arm.



Benefits

Strengthens the muscles at the back of the arm and shoulder.

Strengthens the bones in your upper arm and shoulder.

Strengthens the muscles that help you push, lift and carry.

Alternatives

Without a band.

Use an old pair of tights or knitted scarf.

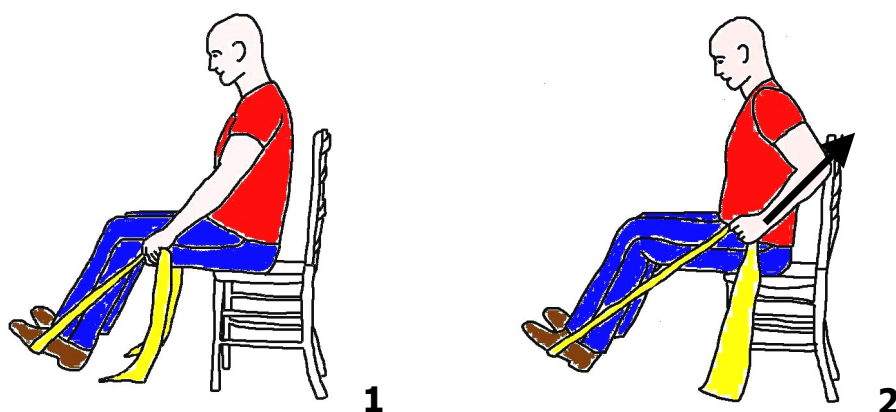
Strength Exercise 6 Upper Back Strengtheners 2 (Seated Row)

First check your posture

Place the band under your feet and grasp it with both hands at about knee level (picture 1) – this is the start position. Then pull back with both arms keeping your elbows close to your sides, as if you are rowing a boat (picture 2).

Think about pulling back with your elbows rather than lifting your hands and try to relax your shoulders. Hold for a 2 or 3 seconds (check your posture) then relax to starting position.

Repeat 8-10 times



Benefits

Strengthens the muscles in the upper back and arms.

Helps to improve posture.

Strengthens the muscles that help you pull (eg. lifting heavy shopping)

Increases the strength of the bones in your upper back.

Alternatives

Without a band.

Use an old pair of tights or knitted scarf.

Strength Exercise 7 Chest Strengthenener (Chest Press)

First check your posture

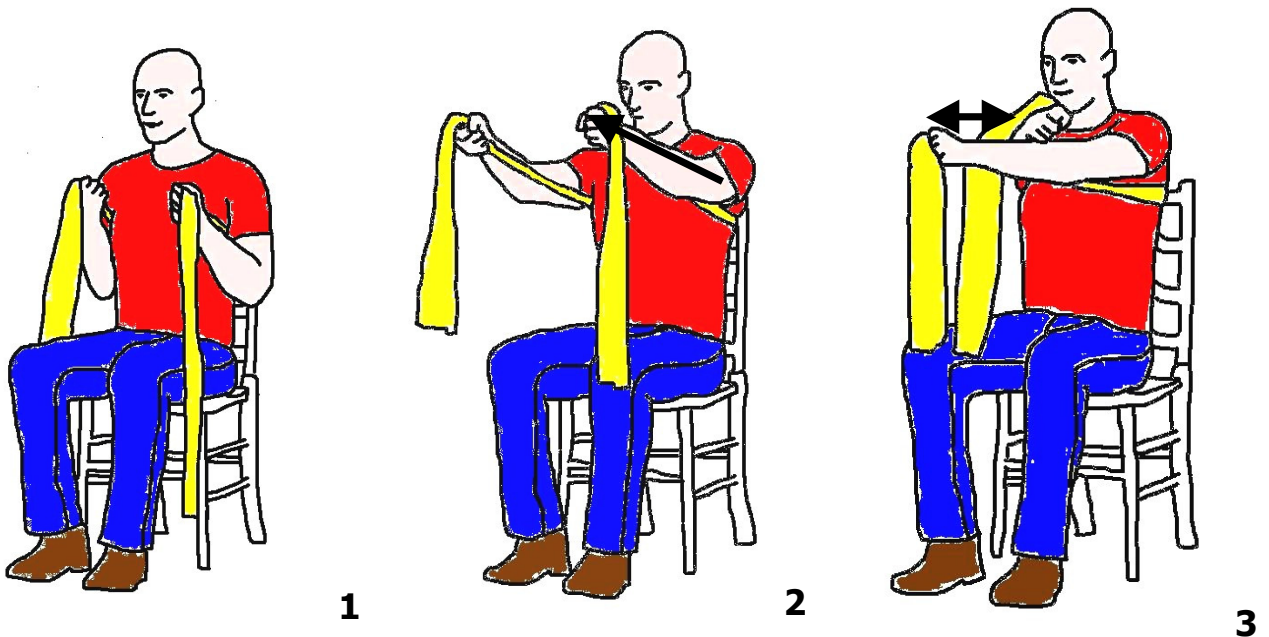
Place the band round your back and under your arms. Hold the band as close to your chest as you can (picture 1).

Keeping your shoulders relaxed and down push your hands straight out to the front of you (picture 2).

Now cross one hand over the other (picture 3) *as if you were hugging a tree.*

Hold for a 2 or 3 seconds (check your posture) then relax.

Repeat 8-10 times.



Benefits

Strengthens the muscles in the chest, arms and shoulders.

Strengthens the muscles that help you push and lift (eg. Lifting heavy things onto shelves).

Alternatives

Without a band.

Only do 1 & 2.

Strength Exercise 8 Sit and Stand (Thigh Strengthenener 3)

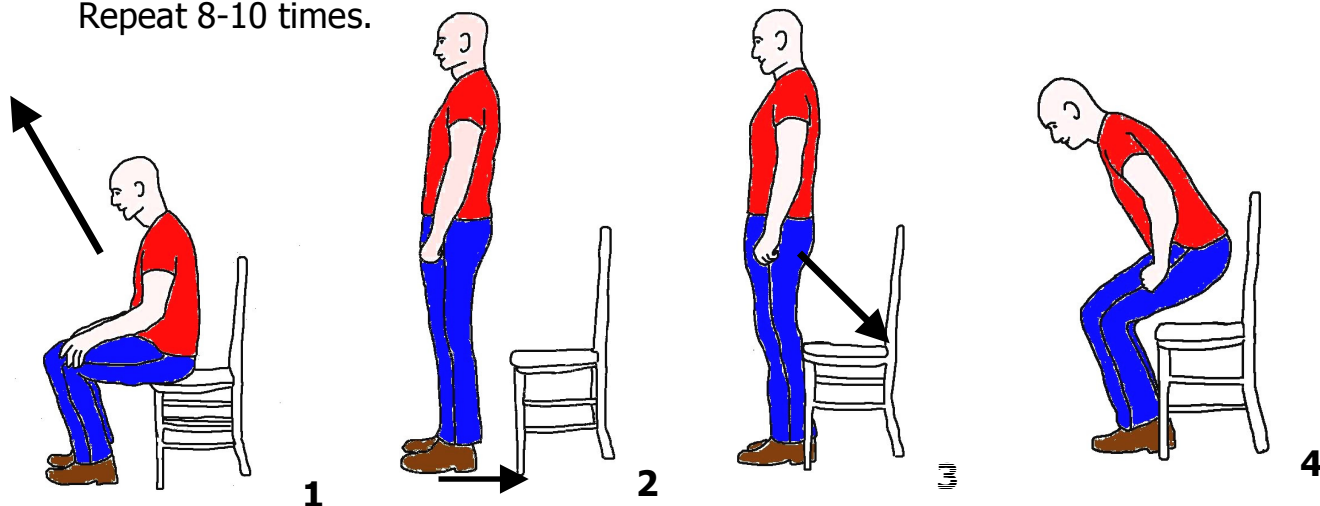
First check your posture

Sitting towards the front of the chair but move your feet further back towards the chair but still with your feet flat on the floor. Now press your heels down into the floor *as if you were about to stand up but change your mind*. You should feel the muscles in your thighs tighten (picture 1). Do this a few times, each time try to lift your bottom a little further out of the chair.

When you feel confident stand up (picture 2) keeping your head and chest lifted.

Before you sit down again carefully step back until you feel the chair on the back of both legs (picture 3) then slowly and with as much control as you can sit, down aiming your bottom towards the back of the chair (picture 4)

Repeat 8-10 times.



Benefits

Strengthen the muscles around the thighs and buttocks.
Makes getting in and out of a chair or on and off the loo less effort.
Helps with climbing stairs.
Helps to improve balance
Strengthens your hip bones.

Alternatives

Do part 1 only

Have something to hold on to (you could do this in front of the kitchen sink). A higher chair will make the exercise slightly easier.

Strength exercise number 4.

Standing Posture/Posture check

- Feet and knees should be hip width apart and your knees soft.
- Try to lengthen your spine so that you feel yourself growing taller.
Imagine a piece of string attached to the top of your head keeping your neck long and your ribs lifted away from your hips.
- Try to keep your weight evenly over both feet.
- Try to pull your navel back towards spine
(this will help to support your back and improve your posture).
- Chin should be parallel to the floor and you should try to look straight ahead.
- Now breathe!

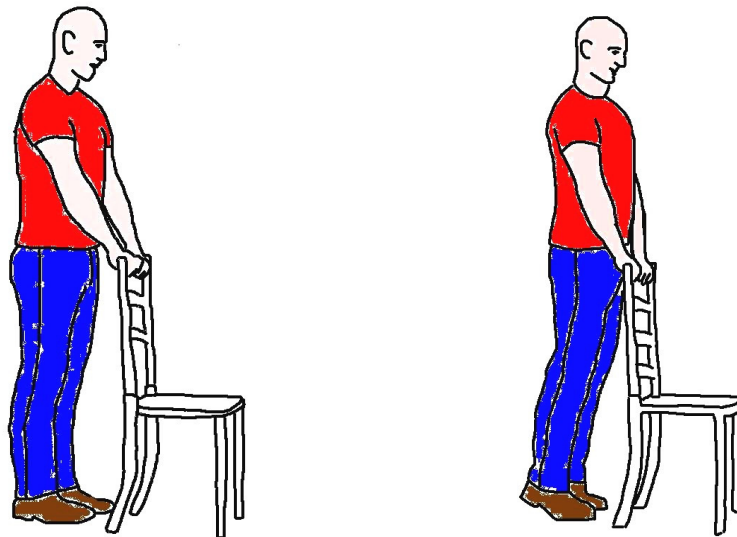


Strength Exercise 9 Heel Raises (Calf Strengthenener)

First check your posture

Holding onto the back of the chair slowly lift your heels so that you come up onto your toes. Try to keep your weight over your big toe. Hold for a 2 or 3 seconds (check your posture) gently lower

Repeat 10-15 times



Benefits

Strengthens the calf muscles.
Improves balance and walking.
Improves circulation.

Alternatives

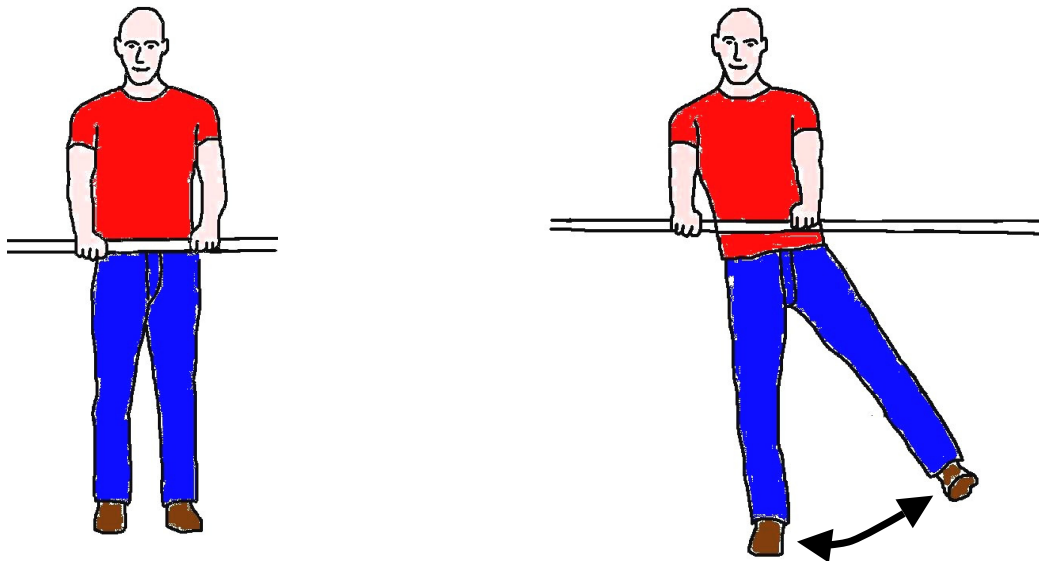
One foot at a time.

Strength Exercise 10 Side Leg Raises (Thigh Strengtheners 4)

First check your posture

Holding onto the back of the chair slowly lift one leg out to the side keeping your toe facing forwards. *Imagine you are aiming your ankle bone to the ceiling.* Try to keep upright and maintain good posture. Hold for a few seconds (check your posture) gently lower

Repeat 8-10 times



Benefits

Strengthens the muscles in the outer thigh.
Improves balance and walking.
Strengthens the hip bones.

Alternatives

Side stepping.
Strength Exercise number 2

Strength Exercise 11 Knee Bends (Thigh Strengthener 5)

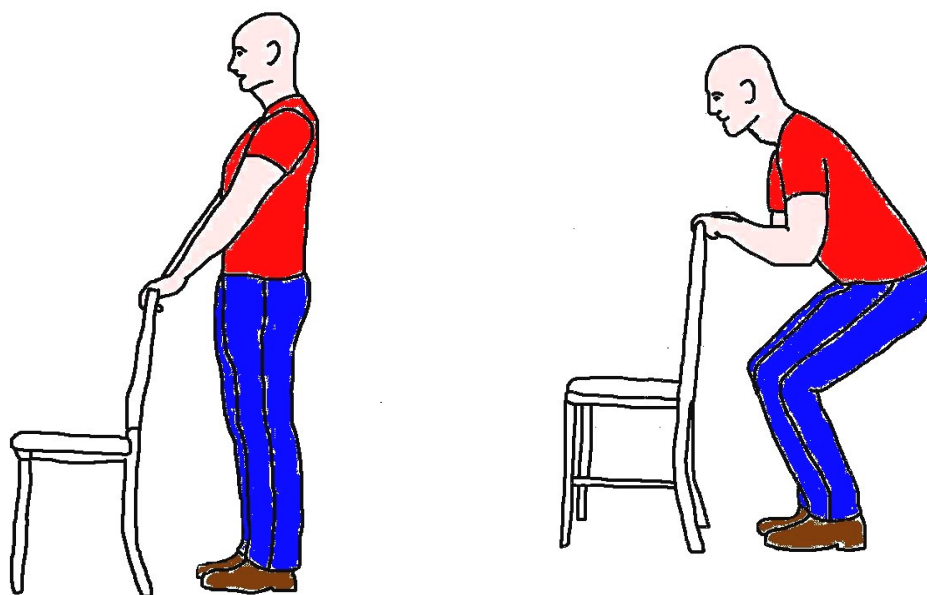
First check your posture

Holding onto the back of the chair slowly bend your knees and hips *as though you were about to sit down*.

Make sure you keep your feet flat on the floor with your knees apart and not pushing forwards.

Hold for a few seconds (check your posture) and gently stand up.

Repeat 8-10 times



Benefits

Strengthens the muscles around the hips and knees.

Improves balance and walking.

Helps with sitting and standing.

Strengthens the hip bones.

Alternatives

Sit and Stand

Smaller Knee Bends

Strength Exercise number 4

Balance Exercise 1

Heel Toe Standing

First check your posture

Holding onto the back of the chair place one foot directly in front of the other. *Imagine you are standing on a tight-rope.*

Make sure you keep your feet flat on the floor and maintain good posture.

Check your posture then try to release your grip for a few seconds. Each time you do this try to balance for a little longer.

Repeat 3-4 times on each leg.



Benefits

Improves balance and walking.

Strengthens the hip bones.

Strengthens the muscles around the ankles.

Alternatives

Keep holding on

Have your feet wider apart.

Balance Exercise 2

Standing On One Leg

First check your posture

Holding onto the back of the chair try to lift the leg nearest the chair. Check your posture then try to release your grip for a few seconds. Each time you do this try to balance for a little longer.

Repeat 3-4 times on each leg.



Benefits

Improves balance and walking.
Strengthens the hip bones.
Strengthens the muscles around the ankles.

Alternatives

Keep holding on.
Rest the toe on the floor so that there is more weight on one leg.

SECTION 7

Cool Down

After the exercises it is important to spend some time winding down as this will help you to relax. While your muscles and joints are warm it is an ideal time to stretch again – this will help to improve your flexibility/suppleness.

Repeat the exercises from section 1 (Warming Up/Get Moving) and the Stretching exercises (section 4) but hold each stretch for slightly longer if you can. This is also a good time to do the Pelvic Floor Exercises (See next page)

You might find it helps to put some music on to help you to relax.

Strength Exercise 12

Pelvic Floor

The pelvic floor is a large sling (or hammock) of muscles stretching from side to side across the floor of the pelvis. It is attached to your pubic bone in front and to the coccyx (the tail end of the spine) behind. It forms your "undercarriage". The openings from your bladder (urethra), your bowels (rectum)

What does it do?

- It supports your pelvic organs and abdominal contents, especially when you are standing or exerting yourself.
- It supports the bladder to help it stay closed. It actively squeezes when you cough or sneeze to help avoid leaking. When the muscles are not working effectively you may suffer from leaking ("urinary incontinence"), and/or urgent or frequent need to pass urine.
- It is used to control wind and when "holding on" with your bowels.

How to do pelvic floor exercises

Exercise 1

Tighten the muscles around your back and front passage and lift up inside as if trying to stop passing wind and urine at the same time.

It is very easy to bring other, irrelevant muscles into play, so try to isolate your pelvic floor as much as possible by

- **not** pulling in your tummy,
- **not** squeezing your legs together,
- **not** tightening your buttocks and
- **not** holding your breath.

In this way most of the effort should be coming from the pelvic floor.

Try holding it as long as you can. Build up to a maximum of 10 seconds. Rest for 4 seconds and then repeat the contraction up to a maximum of 10 times.

Exercise 2

It is important to be able to work these muscles quickly to help them react to sudden stresses from coughing, laughing or exercise that put pressure on the bladder. So you need to practice some quick contractions, drawing in the pelvic floor and holding for just one second before releasing the muscles. Do these in a steady manner: aim for a strong muscle tightening with each contraction up to a maximum of 10 times.

Aim to do one set of slow contractions (exercise 1) followed by one set of quick contractions (exercise 2) at least every day.

Get into the habit of doing the exercises. Link doing them to some everyday activities - for example, when you are making a cup of tea, to help you remember. Practice the exercises when you are lying, sitting and especially standing.

Try to get into the habit of tightening your pelvic floor before activities that are likely to make you leak - such as getting up from a chair, coughing, sneezing or lifting.

Many thanks to the Checkland family and friends for making it possible to produce this book.

If you would like to know more about the exercises contained in this pack or would like information on the Chair Based Exercise Leaders

Course please contact –

The Falls Team,

Chesterton Medical Centre,

35 Union Lane,

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Cambridge.

CB4 1PX

For more information on Exercise classes please contact

NAME

CONTACT DETAILS

All the exercises in this book are taken from the Chair Based Exercise Programme, original text from Later Life Training www.laterlifetraining.co.uk