

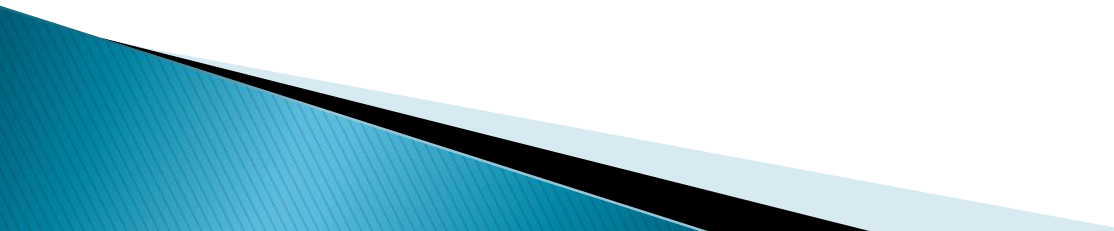
Exercise at Home for Seniors

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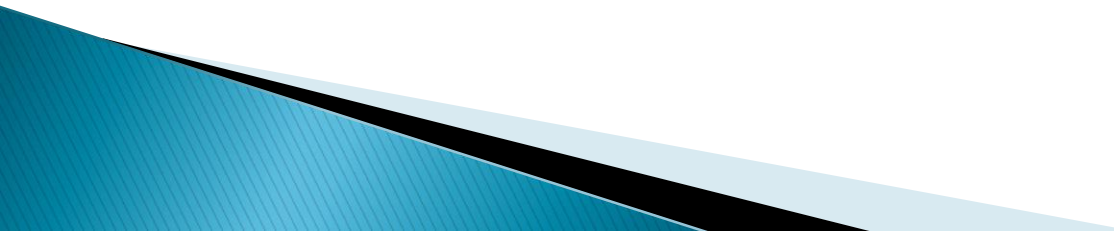
Source

- ▶ Exercise & Physical Activity (Your Everyday Guide from the National Institute on Aging) – Go4Life

Goals

- ▶ Retain our physical and mental health
 - ▶ Continue to do the things we enjoy
 - ▶ Maintain our independence
 - ▶ Prevent or help manage effects of chronic disease
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Activity and Exercise?

- ▶ Anything that uses large muscle groups and lots of muscles
 - ▶ Brisk walking
 - ▶ Take the stairs when you can
 - ▶ Exercise video
 - ▶ Ex classes at local senior center
 - ▶ Exercise at home
 - ▶ Exercise is a planned activity
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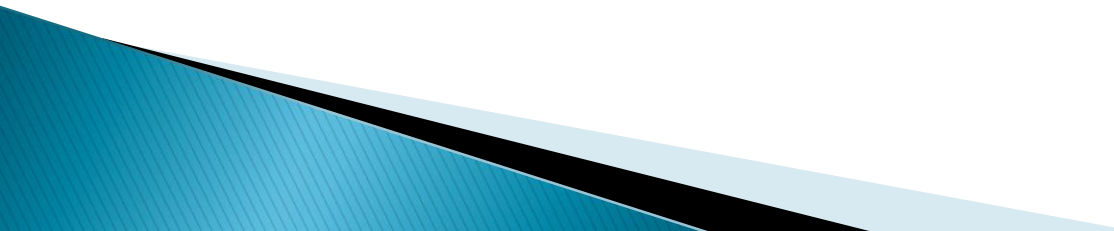
Generally 4 Categories of Exercise

- ▶ Endurance
 - ▶ Strength
 - ▶ Balance
 - ▶ Flexibility
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- ▶ Many activities cross over

Endurance

- ▶ Improve aerobic capacity
- ▶ Activities
 - Brisk walking
 - Yard work
 - Dancing
 - Jogging
 - Swimming
 - Biking
 - Climbing stairs

Strength

- ▶ Strength training or resistance training: using weight to increase strength (your weight or weights of various types)
 - ▶ Your weight
 - ▶ Lifting weights
 - ▶ Resistance bands
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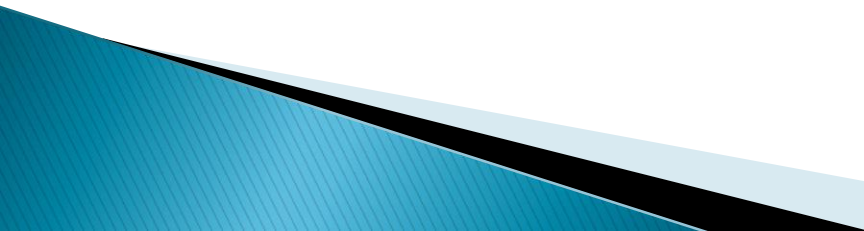
Balance

- ▶ Standing on one foot
 - Up to 20 seconds
 - Non-compliant to compliant surface
 - Near kitchen sink
- ▶ Heel to toe walking
- ▶ Tai Chi


Flexibility

- ▶ Stretching
- ▶ Yoga

Getting Started

- ▶ Use activity log on page 102 for baseline & future monitoring
 - ▶ Goal setting
 - ▶ Make it fun and interesting and social
 - ▶ Make it routine and make it rewarding
 - ▶ Talk to your doctor
 - ▶ Safety first – don't overdo at first – shoes, water, meals, warm-up & cool-down, symptom
 - ▶ Exercise soreness versus injury
 - ▶ How many? How long? Vary ex from day to day
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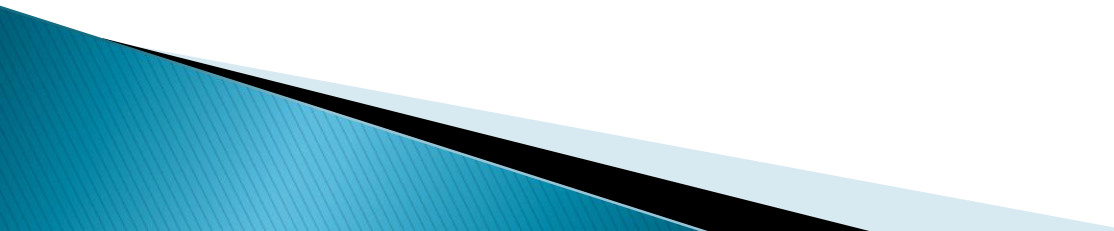
Tips

- ▶ Posture is everything
 - ▶ Body alignment
 - ▶ Rest/breaks as needed
 - ▶ If you overdo, decrease your exercise intensity & repetitions for 3 days
 - ▶ Good grasp on flexible bands or flexible tubing with hand grips
 - ▶ Weights: soup can, bottle of water, weights, grocery bags (double) with cans, rick bags in socks, a milk jar with sand or water, dried beans in a sock
 - ▶ Snacking
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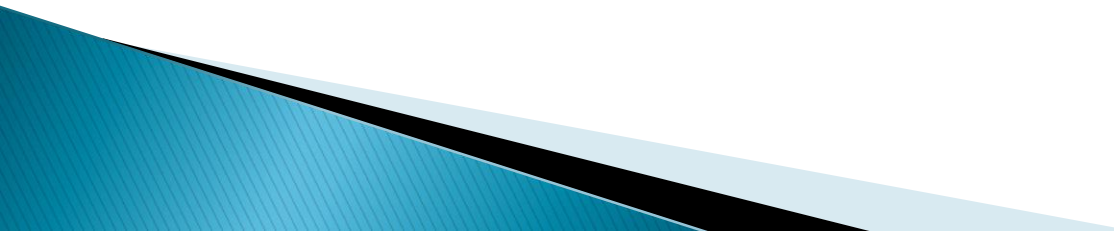
Progressing

- ▶ Gauge your effort
 - Use talk test for aerobic exercise
 - Use a step counter
- ▶ Progress cautiously (use adjustable cuffs for legs)
 - Start with weight you lift comfortably only about 8 times
 - Stay with that weight until you can do 2 sets of 10–15 reps
 - When that is easy, add a little resistance and decrease to 2 sets of 8 working up to 15
 - When that is easy, move up again

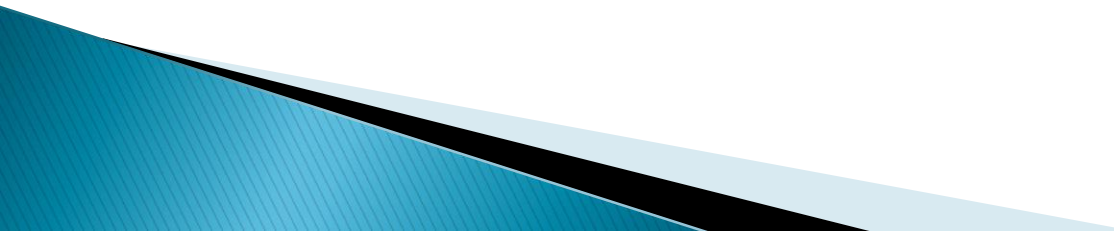
Grip Strength

- ▶ Ideally use theraputty or make your own clay
 - ▶ Next maybe a foam ball
 - ▶ Recent literature recommends against a tennis ball
 - ▶ Slowly squeeze as hard as you can & hold 3–5 seconds, relax
 - ▶ Repeat 10–15 times, relax, repeat
 - ▶ Do both hands
 - ▶ Help to open jars and lift groceries
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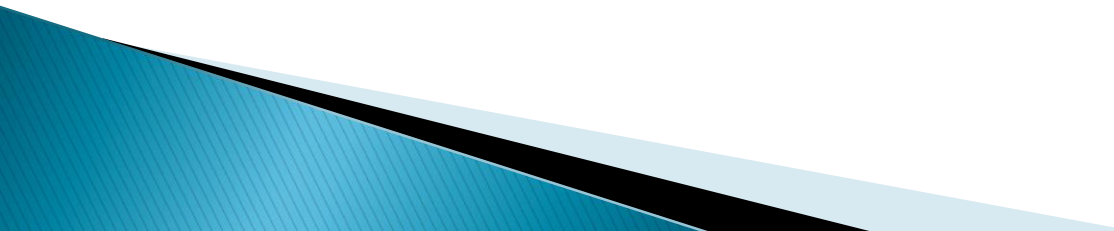
Wrist Curls

- ▶ Use a chair arm
 - ▶ Palm up and palm down
 - ▶ 2 sets of 10–15 with each hand with rest between
 - ▶ Move slowly – no momentum
 - ▶ Help maintain good form for other arm exercises
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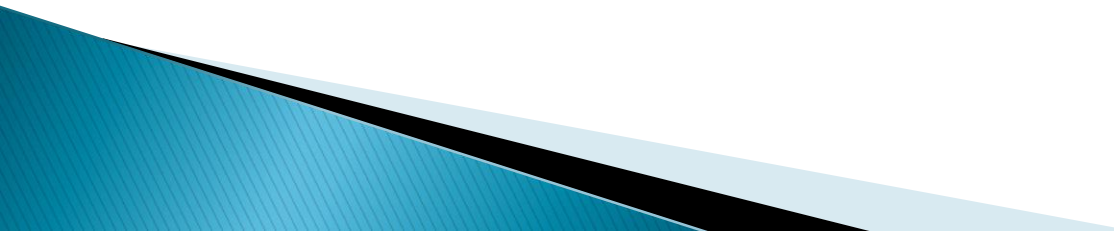
Overhead Arm Raise

- ▶ Standing or sitting (armless chair)
 - ▶ Posture and alignment & breathing (out during harder part & in during easier part) – palms forward
 - ▶ Lift & hold one second
 - ▶ 2 sets of 10–15 with rest between
 - ▶ Can alternate arms if need to as progress
 - ▶ Strengthens shoulders & arms to make swimming, lifting, and carrying grandchildren easier
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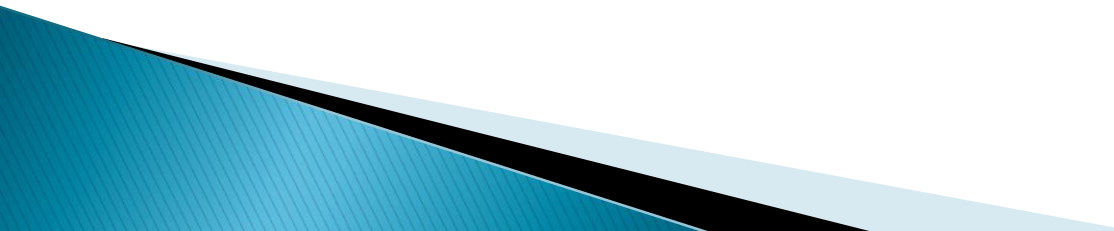
Front Arm Raise

- ▶ Posture, alignment, breathing – palms down
 - ▶ Hold for 1 second
 - ▶ 2 sets of 10–15 with break
 - ▶ Can alternate arms as progress
 - ▶ Strengthens shoulders to help lifting items up and down from tall shelves
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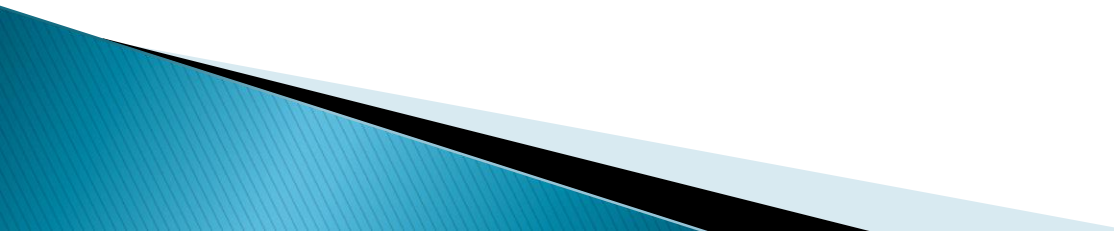
Side Arm Raise

- ▶ Standing or sitting in an armless chair
 - ▶ Posture, alignment, breathing – palms down
 - ▶ 2 sets of 10–15 with break
 - ▶ Can alternate arms as progress
 - ▶ Strengthens shoulders to make lifting groceries easier
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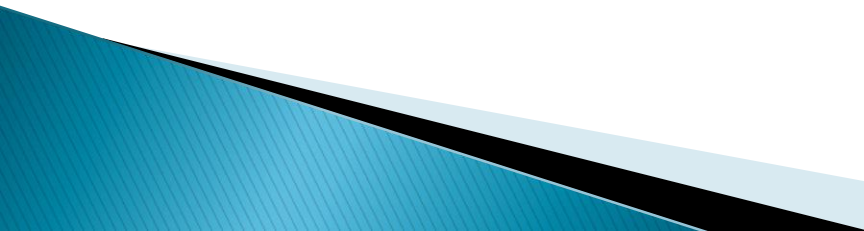
Arm Curl with Weight

- ▶ Standing
 - ▶ Posture, alignment, breathing – palms up
 - ▶ Hold 1 second
 - ▶ 2 sets of 10–15
 - ▶ Can alternate arms as progress
 - ▶ Strengthens upper arm to lift eg. gallon of milk
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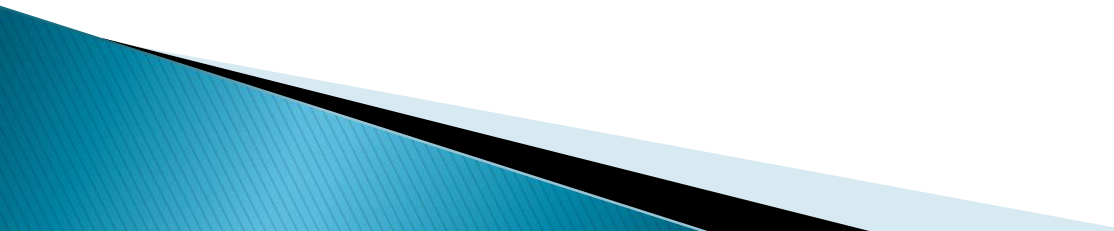
Arm Curl with Resistance Band

- ▶ Sitting in armless chair
 - ▶ Posture, alignment, breathing
 - ▶ Tubing under feet, palms turned in
 - ▶ Bend elbows against resistance, hold 1 second
 - ▶ 2 sets of 10–15
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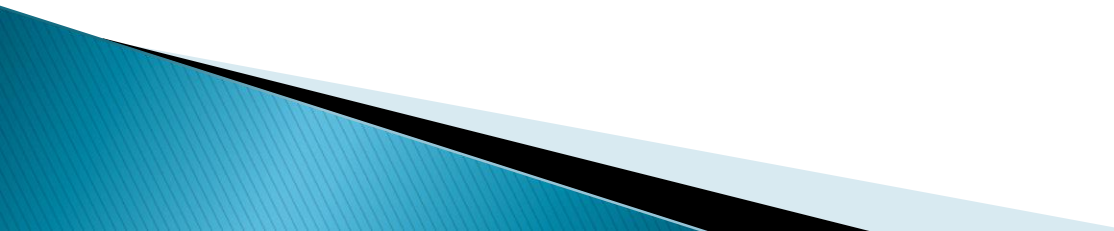
Seated Row with Resistance Band

- ▶ Armless chair
 - ▶ Posture, alignment, breathing
 - ▶ Band under feet, hands facing in
 - ▶ Pull up on band pulling elbows behind your trunk, hold 1 sec
 - ▶ 2 sets of 10–15
 - ▶ Strengthens upper back and shoulder to make everyday activities like vacuuming easier
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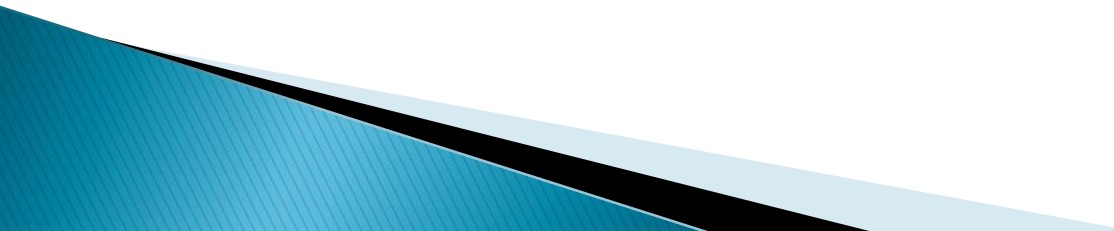
Wall Push-Up

- ▶ Face a wall
 - ▶ Stand a little further than arm's length away, feet shoulder width apart
 - ▶ Posture, alignment, breathing
 - ▶ Lower your body slowly to the wall, hold 1 sec, push back until arms straight
 - ▶ 2 sets of 10–15 with rest
 - ▶ Strengthens arms, shoulders, & chest
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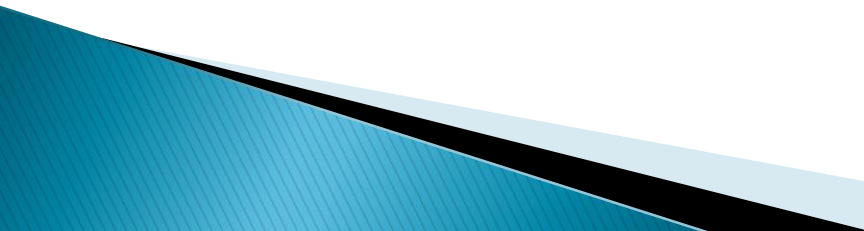
Elbow Extension

- ▶ Standing or sitting in an armless chair
 - ▶ Posture, alignment, breathing
 - ▶ Lift & support 1 elbow at top of head
 - ▶ Straighten that arm toward the ceiling & hold 1 sec
 - ▶ 2 sets of 10–15 for each arm with break
 - ▶ Strengthens triceps
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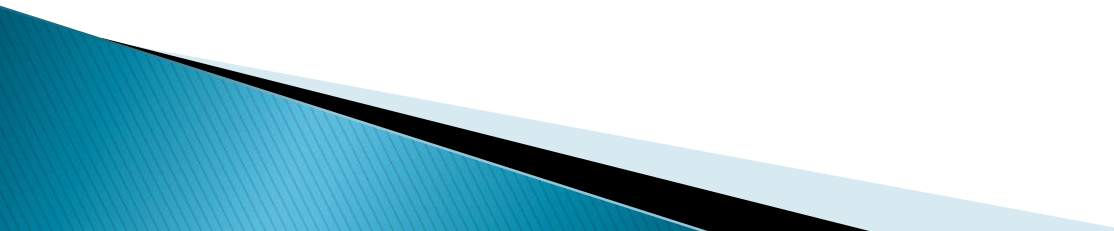
Chair Dip

- ▶ Sturdy chair with arms rests, feet flat, shoulder width apart, lean forward slightly
 - ▶ Posture, alignment, breathing
 - ▶ Push your body off the chair, hold 1 sec, lower
 - ▶ 2 sets of 10–15
 - ▶ Strengthens your arms even if you can't lift your body
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Knee Curl

- ▶ Stand behind a sturdy chair holding on to the back for balance
 - ▶ Posture, alignment, breathing
 - ▶ Lift one heel up toward your buttocks keeping knee pointed toward floor, hold 1 sec
 - ▶ 2 sets of 10–15 with each leg
 - ▶ Makes stair climbing easier
 - ▶ Can progress to use a s a balance ex
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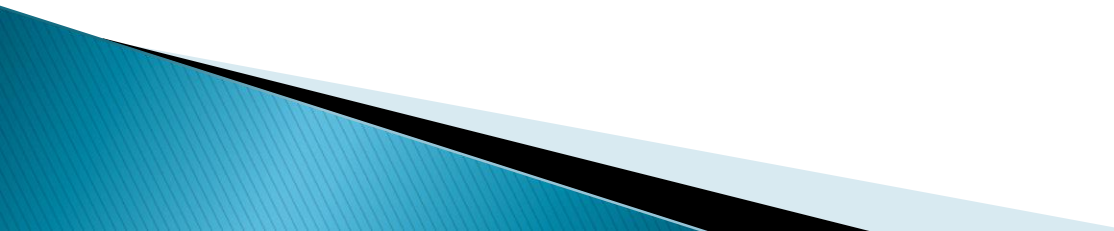
Leg Straightening

- ▶ Sturdy armless chair with hand towel folded under each knee
 - ▶ Posture, alignment, breathing
 - ▶ Straighten 1 knee, point toes toward ceiling, hold 1 sec
 - ▶ 2 sets of 10–15 with each leg
 - ▶ Strengthens thighs & may reduce arthritis symptoms – may have to limit range at first
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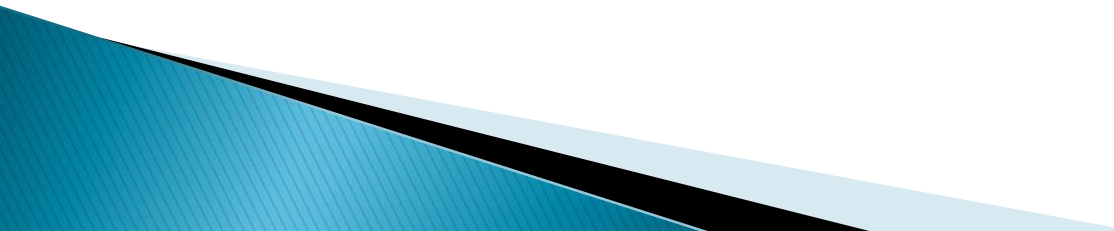
Chair Stand

- ▶ Sit toward front of sturdy, armless chair, arms cross over chest
- ▶ Posture, alignment, breathing
- ▶ Lean back with back straight
- ▶ Lean forward to upright, slowly stand up extending your arms in front of you, palms down, sit down, 2 sets of 10–15
- ▶ Strengthens abdomen & thighs to make it easier to get in/out of car
- ▶ Start from sitting upright if hx of back pain

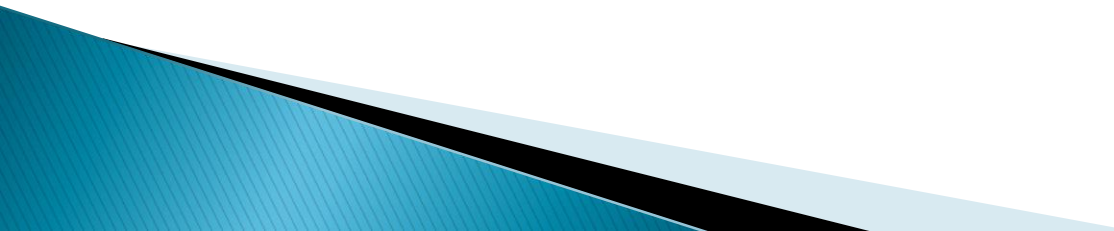
Toe Stand

- ▶ Stand behind sturdy chair holding back
 - ▶ Posture, alignment, breathing
 - ▶ Rise up on toes as high as possible, hold 1 sec
 - ▶ 2 sets of 10–15
 - ▶ Progress to one leg at a time
 - ▶ Makes walking easier & improves balance
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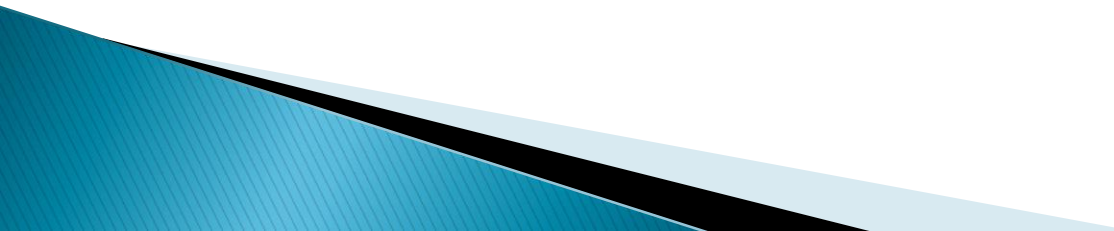
Heel Lifts

- ▶ Stand behind sturdy chair holding back
 - ▶ Posture, alignment, breathing
 - ▶ Balancing on heels, lift toes up toward ceiling, hold 1 sec (won't be much lifting if your heel cords are tight – will improve with practice)
 - ▶ 2 sets of 10–15
 - ▶ Improves toe clearance in walking & balance
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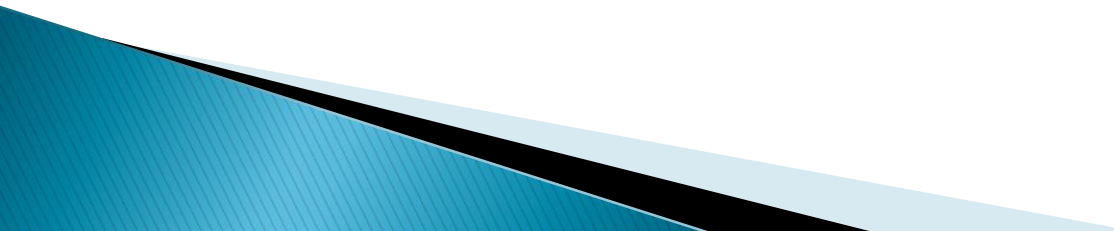
Side Leg Lifts

- ▶ Stand behind sturdy chair, holding back
 - ▶ Posture, alignment, breathing
 - ▶ Lift one leg out to side keeping toe of foot pointed forward (Don't let foot and toe turn out to side.), hold 1 sec, lower down
 - ▶ 2 sets of 10–15 on both legs
 - ▶ Improve side hip strength for walking, stair climbing, and balance
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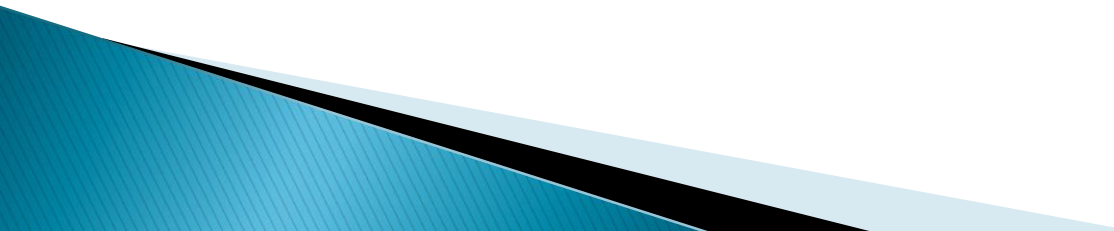
Back Leg Lifts

- ▶ Stand behind sturdy chair, holding back
 - ▶ Posture, alignment, breathing
 - ▶ Lift one leg behind you with the knee straight, hold 1 sec, lower down
 - ▶ 2 sets of 10–15 with each leg
 - ▶ Makes standing up and stair climbing easier
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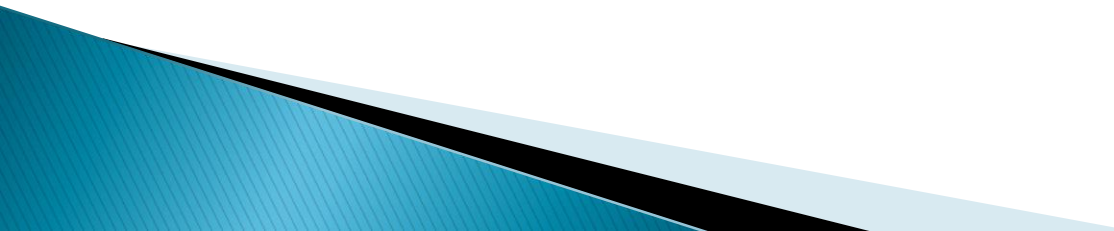
The Ultimate Strengthening Exercise

- ▶ If your client will only do one strengthening exercise, make it sit to stand
 - ▶ Strengthens all large muscles of lower extremity
 - ▶ Do several times per day but modify at first if needed
 - ▶ Recommended by the CDC's STEADI Task Force
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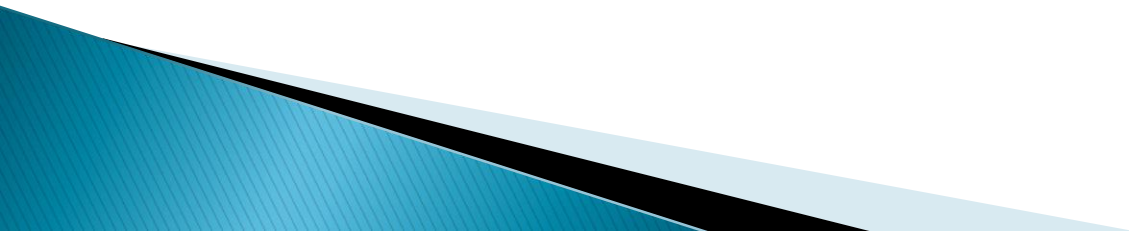
Balance Exercises

- ▶ Standing on One Foot
 - ▶ Heel-to-Toe Walk
 - ▶ Balance Walk
 - ▶ Back Leg Raise without hands
 - ▶ Side Leg Raise without hands
 - ▶ Knee Curl without hands
 - ▶ Toe Stand without hands
- 

Flexibility Exercises

- ▶ Neck Turns
 - ▶ Shoulder rolls against wall
 - ▶ Towel stretches
 - ▶ Wall slides
 - ▶ Chest stretch in doorway or corner
 - ▶ Floor stretches
 - ▶ Standing quad stretches
 - ▶ Calf stretches
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More Questions?



Thank-You!

- ▶ Handout