Chair Exercises for the Elderly

CHEST STRETCH





This stretch is good for posture.

A. Sit upright and away from the back of the chair. Pull your shoulders back and down. Extend arms out to the side.

B. Gently push your chest forwards and up until you feel a stretch across your chest.

Hold for ive to 10 seconds and repeat ive times.

UPPER BODY TWIST





This will develop and maintain flexibility in the upper back.

A. Sit upright with feet lat on the loor, cross your arms and reach for your shoulders.

B. Without moving your hips, turn your upper body to the left as far as is comfortable.

Hold for ive seconds. Repeat going right. Do ive

HIP MARCHING





This will strengthen hips and thighs and improve flexibility.

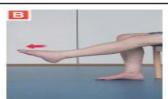
A. Sit upright and away from the back of the chair. Hold on to the sides of the chair.

B. Lift your left leg, with your knee bent, as far as is comfortable. Place foot down with control.

Repeat with the opposite leg. Do ive lifts with each leg.

ANKLE STRETCH







This will improve ankle flexibility and reduce blood clot risk.

A. Sit upright, hold on to the side of the chair and straighten your left leg with your foot off the loor.

B. With leg straight and raised, point your toes away from you.

C. Point toes back towards you.

Try two sets of ive stretches with each foot.

ARM RAISES







This builds shoulder strength.

A. Sit upright, arms by your sides

B. With palms forwards, raise both arms out and to the side and up as far as is comfortable. Then return.

C. Keep your shoulders down and arms straight throughout.

Breathe out as you raise your arms and breathe in as you lower them. Repeat ive times.

NECK ROTATION







This stretch is good for improving neck mobility and flexibility.

A. Sit upright with shoulders down. Look straight ahead.

B. Slowly turn your head towards your left shoulder as far as is comfortable. Hold for ive seconds and return to starting position.

C. Repeat going right.

Do three rotations on each side.

NECK STRETCH





This stretch is good for loosening tight neck

A. Sitting upright, look straight ahead and hold your left shoulder down with your right hand.

B. Slowly tilt your head to the right while holding your shoulder down. Repeat on the opposite side.

Hold each stretch for ive seconds and repeat three times on each side.