

*Wear safe footwear.*

*This exercise prepares the mind and body for exercise.*

*The Good Morning Stretch and Shoulder Rolls improve the range of motion of the shoulders and upper back and they are an excellent way to relieve muscle tension.*

## **WARM-UP EXERCISES**

### **Deep Breathing**

Place your hands on stomach and take a deep breath in, filling your diaphragm. Feel your hands move out as you fully breath. Exhale and feel hands your hands return.



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Start with 3 to 5 repetitions for each of the warm-up exercises. Increase to 8 to 12 repetitions, as appropriate.

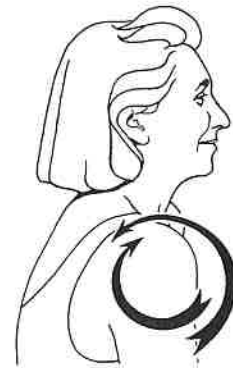
### **Good Morning Stretch**

Stretch your arms wide. Take a deep breath and exhale, stretch some more, add a gentle turn to the left and then to the right. Move slowly and breathe deeply.

### **Shoulder Rolls**

Roll your shoulders forward, making small circles for a count of 5. Then roll your shoulders to the back for a count of 5.

One set is 10 counts



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### **Diagonal Arm Press Across the Body**

Starting with your left arm, press to the right, away from and across your body. Alternate your right and left arm. Repeat 5 to 10 times.

**Pause, take 2 or 3 deep breaths.**

*This exercise warms the body and can improve your upper body range of motion, overall balance and physical endurance.*

### **Foot Circles**

Sit with both feet on floor. Raise one foot and gently circle (rotate) your foot in a clockwise direction 5 times. Change direction and repeat.

Switch to the other foot and repeat.



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*The ankle is one of the most important "balance" joints. The ankle joint "responds" to changes in terrain and "reports" to the brain and other muscles information necessary for adjustment and safety. Ankle rolls may improve range of motion and balance.*

### **Seated Knee Raises (Seated Marching)**

Lift your left knee and then lower it. Lift your right knee and lower it, as if you were marching.

Repeat 5 to 10 times.



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*Seated Knee Raises improves hip stability and range of motion. May help physical endurance.*

**Pause, take 2 or 3 deep breaths.**

## **STRENGTH AND BALANCE EXERCISES**

### **Diagonal Arm Press Across the Body and Toward the Floor**

Starting with your left arm, press to the right, toward the floor and across your body. Alternate your right and left arm.

Repeat 5 to 10 times. Add a set as participants get stronger.

### **Diagonal Arm Press Across the Body and Slightly Overhead**

Starting with your left arm, press to the right, toward the ceiling and across your body. Alternate your right and left arm.

Repeat 5 to 10 times. Add a set as participants get stronger.

*This exercise improves the range of motion in the shoulders and back. It may also improve physical endurance.*

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### **Rowing Exercise**

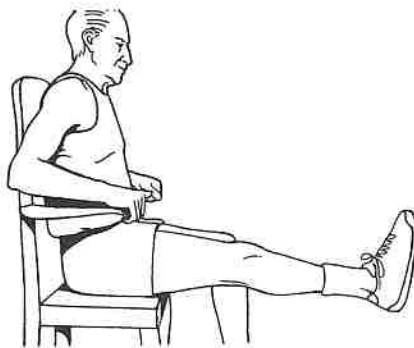
With both arms straight out in front of your body, pull arms in, as if you are rowing a boat. Try to pinch your shoulder blades together as you row.

Repeat cycle 5 to 10 times. Add a set as appropriate.

### **Seated Leg Extensions**

Slowly straighten your left leg and then return your left leg to the floor.

Slowly straighten your right leg and then return your right leg to the floor.



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Alternate and repeat 5 to 10 times. Add a set as participants get stronger.

### **Seated Knee Raises (Not Alternating)**

First, lift your left knee and then lower it.

Repeat 5 to 10 times.

Second, lift your right knee and then lower it.

Repeat 5-10 times.



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*This exercise improves torso, hip and upper leg strength.*

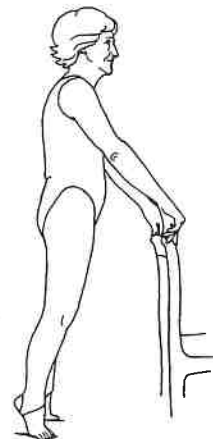
**Take a deep breath and stand up.**

*This exercise improves balance and leg strength.*

**Toe Stands (Heel Raises)**

Stand behind your chair. Use the chair for support. Place your feet about shoulder width apart and lift up your heels, rising up on to your toes. Pause, then return your heels to the floor.

Repeat 5-10 times. Add a set or practice on one foot, if appropriate.



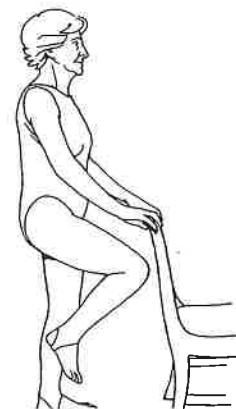
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*This exercise improves balance and physical endurance.*

**Alternating Steps (Marching In Place)**

Start marching, alternating steps at a slow to moderate pace. Continue for 15 to 30 seconds.

Increase duration or add a set as appropriate.



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## **Side Stepping**

Step your left foot to the left, then step your right foot to match your left foot.

Step your right foot back to the right, then step your left foot to match your right foot. Continue for 15 to 30 seconds.

(Left together, right together, left together, right together...).

Increase duration or add a set as appropriate.

## **The Box Step (Waltz)**

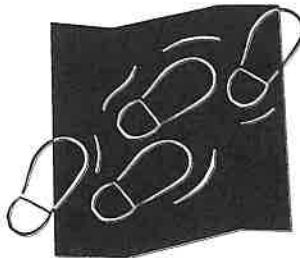
Right foot forward, then feet together.

Left foot to side, then feet together.

Left foot back, then feet together.

Right foot right, then feet together

Repeat cycle 3 to 5 times, increase as appropriate.



*This exercise improves balance, coordination and physical endurance.*

**Pause. Take 2 or 3 deep breaths.**

### **Standing Hip Extension**

Stand behind a chair or sturdy table, slide your foot back, sliding from heel to toe, finishing with leg back and toe pointed, touching the ground.

Repeat 5 to 10 times with each leg.

*Each of the hip/leg exercises improves strength, range of motion and balance.*

### **Leg Slide to the Side**

Slide left leg out to the side, pause, bring your left foot mid-line. Touch your left heel to your right toe. Return left foot to match your right foot.

Repeat 5 to 10 times.

Slide right leg out to the side, pause, bring it back to mid-line. Touch your right heel to your left toe. Return right foot to match your left foot.

Repeat 5 to 10 times.

**Take 2 or 3 deep breaths. Transition slowly to your seat.**

**Wrist Rise & Fall**

Place your arms on the armrest of the chair. Gently let your hand hang off the edge of the armrest. (Use tabletop if armrests are not available).



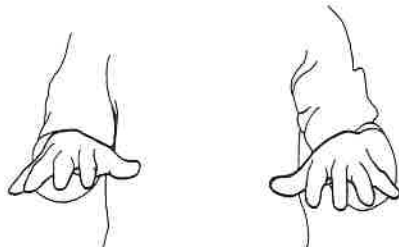
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Slowly bend the back of your hand, lift your fingers up toward the ceiling. Then gently lower your hand.

Repeat 5 times, increase as appropriate.

**Finger Spread**

Spread fingers of both hands far apart, keeping fingers straight. Then relax hands and fingers into a gentle fist.



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Repeat 5 times, increase as appropriate.

*This exercise may improve dexterity, coordination and range of motion.*

### **Wrist Rotation**

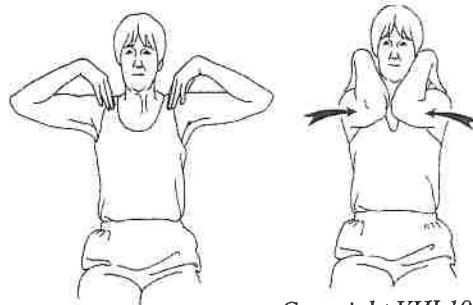
Spread fingers of both hands far apart (like the finger spread.) Then, rotate your hand, palm up, palm down.

Repeat 5 times, increase as appropriate.

### **Touch Elbows Stretch (front and back)**

*This exercise helps chest/ back flexibility and torso range of motion. It is very good for posture.*

**Stretch Front:** Place your fingertips on your shoulder. Raise elbows to shoulder level. Gently move your elbows together (toward your body's mid-line). Try to get them as close as possible, while still remaining comfortable. Hold for 3-5 seconds. Repeat 3-5 times.

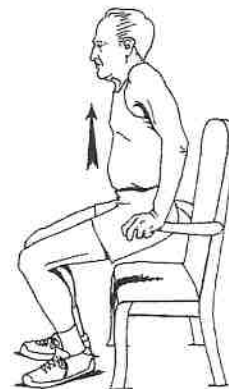


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### **Arm Chair Push**

Put hands on arms of chair and push body up out of chair, partially standing.

Repeat 3-5 times.



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**Before returning to a standing position,  
take two or three deep breaths.**

## **STAND UP**

### **Hip Circles**

With your hands on hips, make circles with hips without moving shoulders. Pretend that you are doing the hula dance or playing with a hula-hoop toy.

Do this each direction for 10-15 seconds.

Repeat the cycle 2 times.



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### **Standing Foot Circles**

Using the chair for support, stand with both feet on the floor, gently raise one heel slightly off the floor, maintaining contact with the floor and your toe.

Circle your heel clockwise.

Repeat 5 times.

Circle foot counter clockwise.

Repeat 5 times.

Repeat above with the other foot.

*The ankle joint is very important for balance. Ankle rolls improve range of motion and may improve the ability to adjust to changes in terrain.*

*Heel cord flexibility is a strong indicator of overall balance ability and range of motion.*

### **Heel Cord Stretch**

Stand about an arm's length away from the chair. With right foot in front of left, lean forward keeping left heel flat on the floor.

Hold 10 to 15 seconds.  
Counting out loud.

Repeat with opposite foot in front.

Repeat cycle 2 times.



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**Before returning to your seat,  
take two or three deep breaths.**

### **COOL-DOWN**

#### **Ear to Shoulder**

Bring left ear to left shoulder and hold for 10 seconds.

Repeat to the right.

Repeat cycle 3 times.

*This is an exercise that can be done anywhere, at anytime. It is a good exercise for the range of motion in the neck and releasing tension.*

### **Look Left, Look Right**

Look to the left, look to the right.  
Move slowly.

Repeat 5 times.



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*This exercise can also be done anywhere, and anytime. It improves neck range of motion. It is helpful in maintaining your ability to look left and right when driving.*

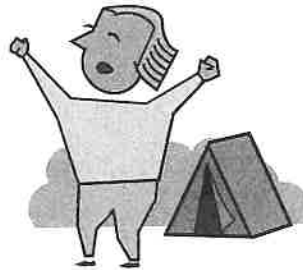
### **Good Morning Stretch**

Stretch arms open wide and yawn, if you like.

Take a deep breath, stretch some more, add a gentle turn to the left and then to the right.

Move slowly and breathe deeply.

Repeat cycle 2 to 3 times.



*A relaxing stretch for the entire body.*

### **Giant Bear Hug Stretch**

Wrap your arms around your body.  
Try to reach your hand behind your back (like a big bear hug)  
Squeeze and stretch and relax.

**You did it- Congratulations!**



**Take two or three deep breaths.**  
**Relax! Good job!**