

# WARM-UP EXERCISES

## 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



## 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.

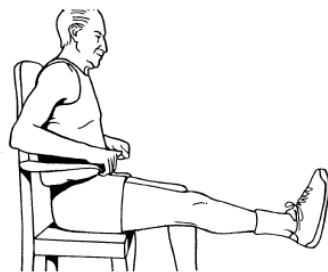
*Seated Knee Raises improves hip stability and range of motion. May help physical endurance.*



## 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.



Copyright VHI 1993

Alternate and repeat 5 to 10 times.

Add a set as you get stronger.

*Tip: Participants can do this exercise with the toe pointed or fixed toward the ceiling. The stretch felt in the calf muscle will vary depending on the position of the foot.*

## Alternating Steps (Marching In Place)

Copyright VHI 1993

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

Increase duration or add a set as appropriate.

*This exercise improves balance and physical endurance.*



## Wrist Rise & Fall

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

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).

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.

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



Copyright VHI 1993

## 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.

*Tip: This is a good exercise to provide verbal cues to insure effective technique. Encourage participants to circle their hips without moving their shoulders. If the shoulders move, sign of limited hip flexibility.*



## **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.

## **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.

*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.*

## **Side Stepping**

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

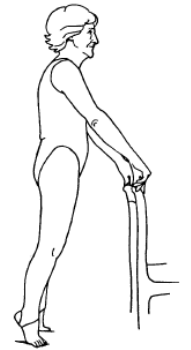
Step your right foot back to the right, then step your left foot to match your right foot. Continue for 15 to 30 seconds.

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

Increase duration or add a set as appropriate.

## **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.

*This exercise improves balance and leg strength.*

## **COOL-DOWN**

### **Ear to Shoulder**

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

Repeat to the right.

Repeat cycle 3 times.

*Tip: 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.*

### **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.

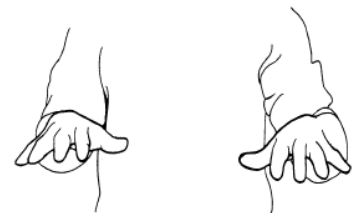
**You did it- Congratulations!**



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

## **Finger Spread**

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



*Copyright VHI 1*

Repeat 5 times, increase as appropriate.