



GERIATRIC - SEATED HAMSTRING STRETCH

Sit near the front edge of a chair. Rest your heel on the floor with your knee straight and gently lean forward until a stretch is felt behind your knee/thigh.

Maintain a straight spine the entire time. Bend through your hips.

Video # VV4RK9H2N

Repeat 1 Time
Hold 30 Seconds
Complete 2 Sets
Perform 3 Times a Week



GERIATRIC - SEATED CLAM SHELLS - HIP ABDUCTION ADDUCTION

Start by sitting close to the edge of a chair with knees bent and both feet on the floor. Next, move your knees out to the side as shown and then return to straight ahead. Maintain contact of your feet on the floor the entire time.

Video # VV44RAFTZ

Repeat 10 Times
Hold 1 Second
Complete 1 Set
Perform 3 Times a Week



GERIATRIC - HEEL RAISE - CALF RAISE - BILATERAL

While seated in a chair, place your feet on the floor.

Next, press down with your forefoot and toes to raise your heels up off the floor. Lower your heels back down and repeat.

Keep your toes on the ground the entire time.

Video # VVJ5V5LBS

Repeat 10 Times
Hold 1 Second
Complete 1 Set
Perform 3 Times a Week



GERIATRIC - TOES RAISES - DORSIFLEXION - BILATERAL

Sit in a chair with your feet flat on the ground.

Next, raise up your toes and forefoot on both sides as you bend at your ankles. Keep your heels on the ground the entire time. If this is difficult, slide your feet forward and try again.

Video # VVCGESHY2

Repeat 10 Times
Hold 1 Second
Complete 1 Set
Perform 3 Times a Week



GERIATRIC - KNEE EXTENSION - LONG ARC QUAD (LAQ)

While seated with your knee in a bent position and your heel touching the ground, slowly straighten your knee as you raise your foot upwards as shown. Lower your foot back down until your heel touches the ground and then repeat.

Video # VVBXWDU5U

Repeat 10 Times
Hold 1 Second
Complete 1 Set
Perform 3 Times a Week



GERIATRIC - SEATED MARCHING

While sitting in a chair, lift your foot off the ground as you flex your hip and lift your leg. Lower back down and repeat on the opposite leg. Repeat this alternating movement.

Video # VVGQZ7PGX

Repeat 10 Times
Hold 1 Second
Complete 2 Sets
Perform 3 Times a Week



GERIATRIC - SEATED UPPER TRUNK ROTATIONS - UTR

While sitting in a chair, cross your arms in front of you or on your chest and then rotate your upper body to one side and then rotate to the other side and repeat.

Video # VV37Y65KZ

Repeat 10 Times
Hold 1 Second
Complete 2 Sets
Perform 3 Times a Week



GERIATRIC - ELASTIC BAND CHEST PRESS - ALTERNATING PUNCHES

While seated in a chair, wrap a long elastic band around your back and hold both ends. *If you do not have an elastic band, use a water bottle or can of food for weight.

Start with your elbows bent and then extend one arm out in front of your body to straighten your elbow. Return to starting position and then repeat with your other arm. Repeat this as you alternate sides.

Video # VVC2DLVQP

Repeat 10 Times
Hold 1 Second
Complete 1 Set
Perform 3 Times a Week