

Chair Based Activity

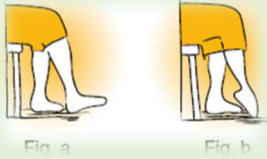


Posture set-up

1. Sit forward in the chair
2. Feet hip distance apart
3. Knees over ankles
4. Tummy pulled in
5. Back feels long & strong
6. Chest is up & open
7. Shoulders are relaxed and down





Safety Advice!

- Avoid jerky or sudden movements
- Do not tilt your head backwards as it can cause dizziness and other problems
- Never exercise when you are injured or sick
- If you get pains in your chest, dizziness or severe shortness of breath, stop immediately and contact your GP

Joint Jigglers

EXERCISE (JOINT JIGGLERS)	TEACHING POINTS
Heel-Toe (Ankle) X6-8 each leg	Place heel & toe on same spot Don't bang heel down Hands on side of chair Keep good posture 
Heel Dig (Knee) X6-8 each leg	Extend heel to floor in front & bring back to centre Don't bang heel on floor Hands on side of chair Keep good posture 
Shoulder shrugs & circles x6-8	Sitting tall, arms by side - lift & lower shoulders Full range of movement all the way up & down Good posture - tummy in and ribs lifted Controlled & smooth movement Circles: Ease shoulders up, back & down 
Ideas for sprinkles of fun – you can perform some of these between each exercise to music Row the boat (both arms) Tap knees then clap hands Clap side to side March	

Muscle Movers & Strengtheners

EXERCISE	TEACHING POINTS
<p>Bicep curl X6-8 each arm</p>	<p>Place hands on thighs, palms facing up Curl hand towards shoulders Control movement. Alternate arms then both at same time Keep good posture</p> 
<p>Boxer X6-8 each side</p>	<p>Place fists at shoulder level beneath your chin Smoothly reach your right arm straight out and slowly bring back to starting position Repeat punching toward the ceiling</p> 
<p>Knee taps X6-8 each side</p> 	<p>Lift your right foot about 4 inches from the floor and touch your left hand to your right knee Hold for a few seconds and slowly release, do up to 8 on each side If able, try touching your left elbow to right knee and then right elbow to left knee</p>
<p>Thigh strengthener X4-6 each leg</p>	<p>Sitting tall – good posture Hold onto sides of chair Lift leg, extend leg out, bring leg in and lower foot to floor Tummy tight, back long Avoid leaning back Steady breathing</p> 

Sit to Stand



Sit tall near front of chair, feet hip width apart and slightly further back than usual

Knees over toes and palms resting on knees

Tight tummy, and lean forward slightly from hips

Press down through thighs and feet as you lift your bodyweight up about an inch

Don't allow knees to knock together, keep back straight

Lower bottom back to chair with control

Progression: Build up lifting & lowering action an inch at a time until you can stand tall in one move

*Sit to Stand should be done on its own without music to ensure good form and care with movement.

Ideas for sprinkles of fun – you can perform some of these between each exercise to music

Roll arms up & down

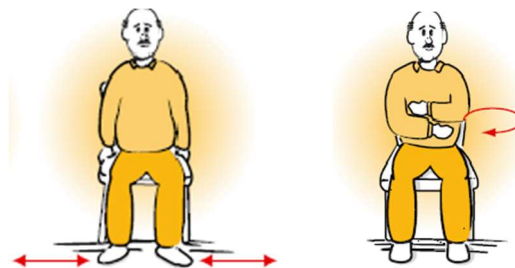
Shoop shoop to the side

Swivel feet

“Clean the window & polish the table”

Tap feet in front and to the side

Swimming movements with arms



Flexibility stretches

EXERCISE	TEACHING POINTS
<p>Back of thigh stretch (hamstring)</p> 	<p>Sit near edge of chair – good posture Straighten one leg out in front & rest heel on floor – foot relaxed Rest hands just above knee of bent leg to support back Lift chest and lengthen upper body Lean slightly forward from hips until stretch felt at back of thigh Count down from 8 to ensure breathing Avoid over-stretching – stop if pain felt Repeat with other leg</p>
<p>Back of lower leg stretch (calf)</p>	<p>Sitting tall – good posture Hands on side of chair One knee bent and directly above ankle Other leg straight out with heel resting on floor & toes upwards Draw toe towards shin and slide heel a little further away until stretch is felt in calf Avoid over-stretching & leaning back Count down from 8 Repeat with other leg</p>
<p>Side stretch</p> 	<p>Sitting tall – good posture Tight tummy Place hand on shoulder then lift elbow towards ceiling Straighten arm – keep arm close to ear – only lift as far as you can Lift ribcage & shoulders relaxed Press opposite hand down into chair and reach a little further to feel stretch down side of body Don't lean forwards or backwards Take care not to arch back Count down from 8 Repeat with other arm</p>

The information contained in this sheet is intended as general guidance and information only and should not be relied upon as a basis for planning individual medical care or as a substitute for specialist medical advice in each individual case.

To the extent permissible by law, the author accepts no liability for any loss, injury or damage howsoever incurred (including negligence) as a consequence, whether directly or indirectly, of the use by any person of the contents of this sheet.