

Postural Stability Physical Activity Session (Exercise Library)

Component – Warm up

Purpose – is to do a posture check, warm the muscles, circulation booster and mobilize our joints for the upcoming exercises

Exercise Name

Marches Seated (Arms and Legs) (A&L)

Purpose – This will warm our muscles and boost the circulation.

Instructions and teaching points –

- Sit at the front third of the chair with good posture with legs and feet hip width apart and knees are over ankles.
- March with legs gently but continuously to get a comfortable rhythm, at the same time swing the arms from the shoulder with fixed angle at the elbow and swing arms close to torso.
- Roll the weight from the ball of the foot to the heel on each step, don't lift knees too high.
- Stand tall throughout, tummy muscles pulled in, keep shoulders back down and relaxed and keep breathing regular and natural.



Duration/repetitions – Maximum of 1 Minute

Progression – increase the range of movement of both the arms and the leg action.

Shoulder lifts Seated

Purpose – This will improve movement in our shoulder joints, releasing any tension and improve our posture for daily tasks such as dressing and reaching for items.

Instructions and teaching points –

- Sit at the front third of the chair with good posture with legs and feet hip width apart and knees are over ankles.
- Arms resting loosely by the sides in line with our hips, lift both shoulders up towards our ears.
- Control shoulders down and away from the ears as far as you can and at the same time lengthening the neck.



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- Avoid arching the back, nice tall spine, keep the movement even and controlled, maintain a forward gaze and maintain regular breathing.

Duration/repetitions – 6 Reps

Progression – increase the range of the shoulder movement.



Marches Seated (Arms and Legs) (A&L) - Maximum of 1 Minute

Shoulder circles Seated

Purpose – This will improve shoulder movement, maintaining a good range of movement, releasing any tension and improve our posture for daily tasks such as dressing, combing your hair and reaching for items.

Instructions and teaching points –

- Sit at the front third of the chair with good posture with legs and feet hip width apart and knees are over ankles.
- Arms resting loosely by the sides in line with our hips, circle your shoulder forwards back and then down.
- Avoid arching the back, nice tall spine, remember to keep the shoulder back when coming down, maintain a forward gaze and maintain regular breathing.

Duration/repetitions – 6 Reps

Progression – increase the range of the shoulder movement.



Marches Seated (Arms and Legs) (A&L) - Maximum of 1 Minute

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Side bends Seated

Purpose – This will improve the movement at the spine and your body awareness, it will help with trunk control, improve balance and reaching down to the floor.

Instructions and teaching points –

- Sit at the front third of the chair with good posture with legs and feet hip width apart and knees are over ankles.
- Arms resting loosely by the sides in line with our hips, hand on chair if needed.
- Keeping your tummy muscles pulled in and the ribs lifted, slide one arm down in line with the hip allowing the neck and back to bend sideways.
- Return to the center, check posture and repeat.
- Make sure to lean directly to the side and not forwards or backwards, weight even in both feet. Nice tall posture and pause at center of side bend.

Duration/repetitions – 6 Reps, 3 each side



Marches Seated (Arms and Legs) (A&L) - Maximum of 1 Minute

Trunk twists Seated

Purpose – This will improve movement in the middle and upper parts of the spine and maintain good upper body movement to help with stability while doing everyday tasks like looking over your shoulder.

Instructions and teaching points –

- Sit at the front third of the chair with good posture with legs and feet hip width apart and knees are over ankles.
- Place hands across chest in x position, nice tall spine, slowly turn the head and shoulders to one side, focus on turning from the waist. Keep shoulder and arm relaxed.
- Keep hips facing forward, shoulders down and relaxed throughout, pause at center of twist.
- Make the movement as big as comfortable as possible. You might feel the movement improving with each controlled turn.

Duration/repetitions – 6 Reps, 3 each side

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Marches Seated (Arms and Legs) (A&L) - Maximum of 1 Minute

Ankle standing

Purpose – this will improve the movement around our ankles, to prevent and reduce any stiffness, to improve stability of the ankle joint to help improve everyday tasks like walking to the shops.

Instructions and teaching points –

- Move to the side of the chair, holding on with one hand so that outside leg can be freely moved so you won't catch your foot on the chair leg.
- Tall long spine, knees and feet hip width apart and knees over the ankles.
- Outside leg comes forward and placing heel of the floor keeping the knee slightly bent, lift the knee and replace with the toe aiming for the same spot.
- Keep changing and make the movement smooth and controlled.
- Keep the support knee soft, nice tall spine throughout the movement.
- Try not to bang the heel down and concentrate on increasing the movement of the ankle.

Duration/repetitions – 6 Reps each side

Seated Variation (SV)

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- Sit at the front third of the chair with good posture with legs and feet hip width apart and knees at a right angle, feet flat on the floor.
- Support the back with both hands on the chair, place the heel of one foot on the floor under the knee, then lift the knee and place the toe on the same spot.
- Keep movement slow and controlled.

Progression – increase the range of ankle movement



Component – Dynamic endurance

Purpose – is to help improve cardiorespiratory endurance (aerobic fitness/stamina), local muscle endurance (stamina of our legs) and also balance to help with everyday activities such as walking and gardening. This is a particularly challenging component as it is continuous your hearts and lungs are being asked to work a little harder, so it is normal to feel your breathing increase during this component. Think of it as gradually climbing a steady slope and then high peaks and then back to a gradual slope again.

Exercise Name

Marching standing (A&L)

Purpose – This will help boost the circulation.

Instructions and teaching points –

- Stand tall behind the chair holding on with both hands, feet hip width apart.
- Keep shoulders back, down and relaxed, roll from ball of the foot to the heel, avoid banging the feet down on the floor.
- If feeling steady, take one hand off and swing arm naturally, place hand back and repeat on the other side.
- If feeling steady take both hands off and march with legs and arms.

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Duration/repetitions – 30 seconds

Seated Variation (SV)

- Sit at the front third of the chair with good posture, tummy muscles pulled in.
- March with legs gently but continuously to get a comfortable rhythm, at the same time swing the arms from the shoulder with fixed angle at the elbow and swing arms close to torso.

Progression – two hand support to one hand support to fingertip support to no support if able.



Side steps

Purpose – is to help improve our aerobic fitness and stamina, muscular endurance of our leg muscles and also balance to help in performing daily activities such as walking, gardening or getting out of a car.

Instructions and teaching points –

- Stand tall facing the chair and holding with two hands, bend the knees softly before taking the step. Make sure that your weight is placed evenly on both feet for each step.
- Take a small side-step to the side moving one leg and bringing the other to join it.
- Step to the other side and repeat.
- Try to keep this movement continuous.

Duration/repetitions – Maximum of 1 Minute

Seated Variation (SV)

- Sit forwards on the chair with a nice posture, hold the chair with both hands to help keep spine nice and long.
- Perform side steps as in standing, ensure that the steps are not wider than hip width.

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Progression – widen the steps from hip distance to shoulder width, going from two hands on a chair to one chair.



Marching standing (A&L) – 30 seconds

Fartlek approach Lunges

Purpose – is to help improve our aerobic fitness and stamina, muscular endurance of our leg muscles and also balance to help with corrected steps to regain balance in everyday life as we may lose balance on uneven pavements or on a bus that stops suddenly.

Instructions and teaching points –

- Stand side on to the chair holding on with one hand, Tall spine, with feet hip width and the knees soft.
- Take a half step forward with the one leg, placing the foot flat on the floor and slightly bend the knees.
- Press off this foot to bring the leg back into starting position, repeat alternating legs.

Duration/repetitions – Maximum of 2 Minutes, 8 reps each leg

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Seated Variation (SV)

- Sit at the front third of the chair with good posture with legs and feet hip width apart and under the knees. Hold onto both sides of the chair for support.
- Take a half step forward with the one leg, placing the foot flat on the floor, at the same time keep the back long and lean slightly forward from the hip so that your nose is above the thighs.

Progression – one hand support to fingertip support, as confidence and power improves, take a longer and deeper step.



Marching standing (A&L)

Duration/repetitions – 30 seconds

Side steps

Duration/repetitions – Maximum of 1 Minute

Marching standing (A&L)

Duration/repetitions – 30 seconds

Postural Stability Physical Activity Session (Exercise Library)

Component – Dynamic balance

Purpose – is to help improve your balance and too feel more confident on your feet.

Equipment –

Chairs

Exercise Name

Tandem stance

Purpose – is to help improve your balance and too feel more confident on your feet.

Instructions and teaching points –

- Stand up tall side on the chair, hold onto chair with one hand and look ahead, the outside leg to the support, that foot comes in front of the other foot to create a straight line with your feet.
- Make sure your weight is even on both feet, soften your knees and keep upright posture throughout. Hold that position and maintain regular breathing
- Bring both feet side by side, turn by facing the support and turn to the opposite direction and repeat.

Duration/repetitions – 10 seconds each side

Seated Variation (SV) –

- Sit forwards on a chair with a long back, feet hip width apart, hands on chair for support and perform as in standing.

Progression – one hand support to begin with, then one hand fingertip and gradually increase amount of time in no support to a maximum of 30 seconds.



Postural Stability Physical Activity Session (Exercise Library)

Toe walks

Purpose – is to help improve your balance and too feel more confident on your feet.

Instructions and teaching points –

- Stand up tall side on the chair, hold onto chair with one hand and look ahead.
- Stand with feet close together, transfer your weight onto your toes by lifting the heels.
- Think of your weight over you're your big and second toe, avoid looking down at your feet if you can and try not to lean too much on the chair or wall when moving along.
- Lower your heels, turn and take as many steps as you need to face the support and turn to the opposite direction and repeat.

Duration/repetitions – 2 sets of 10 steps

Seated Variation (SV) –

- Sit forwards on the chair, hold the chair with both hands to help keep spine nice and long. Feet at hip width, perform as in standing but take small steps and limit it to three steps forward and back to starting position and repeat.

Progression –

Progress to 3 sets of 10 steps and the 4 sets of 10 steps. Also form one handed support to fingertip support and onto no support.



Postural Stability Physical Activity Session (Exercise Library)

Heel walks

Purpose – is to help improve your balance and too feel more confident on your feet.

Instructions and teaching points –

- Stand up tall side on the chair, hold onto chair with one hand and look ahead.
- Stand with feet close together, lift the toes by transferring your weight onto your heels.
- Think tall, relaxed shoulder, tummy pulled in, avoid bending at the hip to keep the bum in, be careful not to lock out your knees and breathe normally.
- Lower your toes, turn and take as many steps as you need to face the support and turn to the opposite direction and repeat.

Duration/repetitions – 2 sets of 10 steps

Seated Variation (SV) –

- Sit forwards on the chair, hold the chair with both hands to help keep spine nice and long. Feet at hip width, perform as in standing but take small steps and limit it to three steps forward and back to starting position and repeat.

Progression –

- Progress to 3 sets of 10 steps and the 4 sets of 10 steps. Also form one handed support to fingertip support and onto no support.



Postural Stability Physical Activity Session (Exercise Library)

Component – Targeted resistance

Purpose – is to specifically target muscles using resistance with either bodyweight, bands. This is to improve strength and power for the specific muscle.

Exercise Name

Sit to stands

Purpose – this will help to strengthen our thigh muscles (quadriceps, gluteus maximus and minimus). To help with everyday activities such as walking, stair climbing but also getting in and out of chairs at home, in cars and buses.

Instructions and teaching points –

- Let the class know how many sets and reps you will be doing.
- Sit tall on the front third of the chair with legs and feet hip width apart and knees above ankles. Take feet slightly back so that knees are over your toes with heels flat on the floor.
- Hands on the chair seat, slightly lean forward and press down through the thighs and feet to come up to standing. Walk through the feet on the spot.
- Make sure when sitting down, seat is directly behind, bend the knees and hips to bring yourself down and make contact with the chair and repeat.
- Knees hips widths the whole way through, keep the chest up, back nice and long and tummy muscles pulled in. You will feel the muscles in the thighs and bottom working.

Duration/repetitions – 1 set 10 reps

Seated Variation (SV) – perform the front and back of knee strength.

Progression – go from hands on the seat of the chair to hands on thighs, then gradually go with both arms near hips and arms crossed at chest level.



Postural Stability Physical Activity Session (Exercise Library)

Upper back strength seated

Purpose – this will strengthen the upper back muscles (rhomboids and trapezius) and the bones in the spine and wrists. It is to help improve posture and breathing and also help with daily tasks such as dressing.

Instructions and teaching points –

- Sit tall towards the front of the chair with legs hip width and knees directly over the ankles.
- Place the TheraBand across your lap, scoop the band up with both hands, palms facing upwards. Hold the band at belly button level with a narrow grip, elbows close to your torso.
- Pull the band apart with both hands and draws elbows back slightly until the band touches the lower part of the tummy, aim to open that chest as the elbows come back and keep the wrist's straight and firm.
- Squeeze shoulder blades together and hold up to 5 seconds, keep your breathing regular.
- Slide elbows forward back to starting position, release the tension, pause for 2-3 seconds and repeat.

Duration/repetitions – 1 set 8 reps

Progression – Otherwise see front and back of knee band strength



Postural Stability Physical Activity Session (Exercise Library)

Side hip / Outer Thigh strength seated

Purpose – this will help in strengthen the hip bones and the muscle at the sides of your hips (abductors), this will help with everyday tasks that involve stepping sideways and over objects.

Instructions and teaching points –

- Sit tall towards the front of the chair with legs and feet together with knees directly over the ankles.
- Keep the toes on the floor and lift both heels, then wrap the band around the thighs keeping it flat. Secure the band with the hands flat on the thighs and lower the heels. Keep feet flat throughout the movement.
- Move the feet and knees apart to hip width, press the thighs outward against the resistance, hold up to 5 seconds, count quietly to maintain regular breathing.
- Return with control to hip distance, rest for 2-3 seconds and then repeat, feel the muscle work around the outer thighs.

Duration/repetitions – 1 set 8 reps

Progression – progress to a starting leg position of slightly wider than hip width apart (but not as wide as shoulder width). Otherwise see front and back of knee band strength



Postural Stability Physical Activity Session (Exercise Library)

Component – Backward chaining & floor work

Purpose – is to show you how to get you down to the floor and back up safely and also to show you some floor management activities.

Backward chaining (Down phase)

Purpose – is to show you how to get you down to the floor safely.

Instructions and teaching points –

- Sit tall on the front third of the chair with legs and feet hip width apart and knees above ankles. Take feet slightly back so that knees are over your toes with heels flat on the floor.
- Hands on the chair seat, slightly lean forward and press down through the thighs and feet to come up to standing. Walk through your feet on the spot.
- Take a couple of steps forwards and turn steadily to face the chair, feet should be hip width.
- Take a stride forward with strongest leg, upper body comes forward and grasp the chair with both hands weight over the arms (shoulders over wrists). Safety check to make sure the back knee is bent, and heel is lifted.
- Take a moment, lower back leg carefully down onto the knee. Unhook toe of the back leg, take the other knee to the floor with control and unhook toes.
- Walk knees back for the hands to come down one by one. Perform down phase once.

Seated Variation (SV) –

- Also, they can try and do the standing movement stages as many times. They can also do sit to stands or hip walks on the chair.



Crawling

Postural Stability Physical Activity Session (Exercise Library)

Purpose – this will improve balance, skill and confidence when performing this movement which can be used as a coping strategy following a fall.

Instructions and teaching points –

- Start in box position, hands underneath shoulders and knees underneath hips and hip width.
- Get the feeling of how to transfer weight by practicing on the sport first.

- Unweight one hand, then lift and place back repeat on the other hand, unweight knee and place back and repeat on the other knee.
- Without thinking crawl backwards and pause, then crawl forwards and repeat.
- Avoid locking out the elbows, keep the back and neck long, tummy muscles pulled in.
- Maintain regular breathing.



Duration/repetitions – Perform for around a minute

Seated Variation (SV) –

- Hip walks in the chair forward and back.



Postural Stability Physical Activity Session (Exercise Library)



Backward chaining (Up phase)

Purpose – is to show you how to get you up from the floor safely.

Instructions and teaching points –

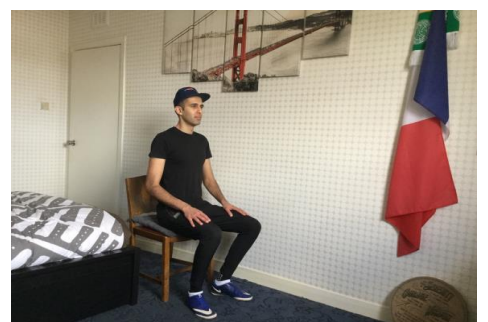
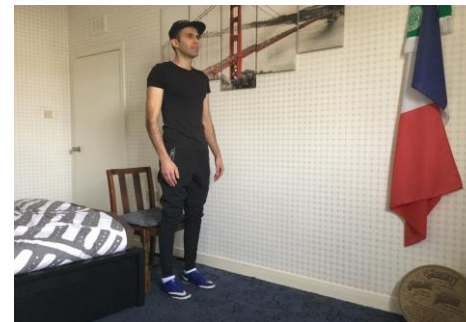
- Once back on all fours, crawl towards the chair. Take a firm grip of the chair seat with both hands one by one.
- Place the foot of the strongest leg forward as flat as possible on the floor.
- In one movement use the arms and legs to push up onto both feet, in a shallow squat position with weight even in both feet.
- Keep knees slightly bent while transferring the hands from the chair to your thighs.
- Use the legs to push fully up to standing, upright posture and turn around taking as many steps as you need.
- Walk slowly backwards until the chair can be felt by your legs, bend knees and hip and lower down to the chair.
- Perform once

Seated Variation (SV) –

- They can try and do the standing movement stages as many times. They can also do sit to stands or hip walks.



Postural Stability Physical Activity Session (Exercise Library)



Component – Cool down

Purpose – This component and the exercises included will be to promote relaxation and also gradually bringing the circulation to a pre exercise state.

Exercise Name

Marches Seated (Arms and Legs) (A&L)

Instructions and teaching points –

Postural Stability Physical Activity Session (Exercise Library)

- Sit at the front third of the chair with good posture with legs and feet hip width apart and knees are over ankles.
- March with legs gently but continuously to get a comfortable rhythm, at the same time swing the arms from the shoulder with fixed angle at the elbow and swing arms close to torso.
- Roll the weight from the ball of the foot to the heel on each step, don't lift knees to high.
- Stand tall throughout, tummy muscles pulled in, keep shoulders back down and relaxed and keep breathing regular and natural.
- Rest the legs and perform an arm swing, hold the chair again and pedal the feet, return to small arm swing.
- Rest.



Duration/repetitions – 30 seconds

Seated Back of the arm stretch

Purpose – is to lengthen the muscles in the back of the arm (triceps) and side of your trunk (latissimus dorsi), to improve flexibility at the shoulder joint and promote relaxation.

Instructions and teaching points –

- The stretch will be a little deeper and also longer to improve flexibility.
- Sit at the front third of the chair with good posture with legs and feet hip width apart and knees are over ankles. Shoulders down and relaxed, neck lengthened.
- Pull the tummy button towards the back to tighten the abdominals, don't arch lower back and breathe normally.
- Place one hand on the same shoulder and use the opposite hands to ease the elbow towards the ceiling, trying to place the fingers between shoulder blades.
- Maintain arm supports to gently bring the arm back down and repeat on other side.



Duration/repetitions – performed once only each side, holding for 8-10 seconds each time.

Marches Seated (Arms and Legs) (A&L) – 30 seconds

Side bends Seated

Postural Stability Physical Activity Session (Exercise Library)

Purpose – This will improve the movement at the spine and your body awareness, it will help with trunk control, improve balance and reaching down to the floor. **(If you find this difficult or painful for your shoulder, then keep arms by your side and lean from side to side slowly).**

Instructions and teaching points –

- Sit at the front third of the chair with good posture with your feet wider than hip width apart to give you support throughout the movement.
- Arms resting loosely by the sides in line with our hips, hand on chair if needed.
- Keeping your tummy muscles pulled in and the ribs lifted, slide one arm down in line with the hip allowing the neck and back to bend sideways.
- Return to the center, check posture and repeat.
- Make sure to lean directly to the side and not forwards or backwards, weight even in both feet. Nice tall posture and pause at center of side bend.

Duration/repetitions – 6 Reps, 3 each side

Progression – None, not appropriate when mobilizing the spine.



Marches Seated (Arms and Legs) (A&L) – 30 seconds

Seated chest stretch

Purpose – is to lengthen the muscles of the chest and fronts of shoulders, to improve hip joint flexibility and promote relaxation.

Instructions and teaching points –

- Sit at the front third of the chair with good posture with your feet hip distance.
- Place hands on lower back, push the chest forwards, squeeze the shoulder blades together and draw the elbows back.
- Remember to breathe as it is very important.

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- You can also place hands on the side of the chair if you prefer to do so, also, you can place your hands out to the side if that feels more natural to you.
- Pick what your preference is to you.

Duration/repetitions – performed once only each side, holding for 12-20 seconds each time.



Marches Seated (Arms and Legs) (A&L) – 30 seconds

Seated back of thigh stretch

Purpose – is to lengthen the muscles at the back of the thigh's (hamstrings), to improve hip joint flexibility and promote relaxation.

Instructions and teaching points –

- The stretch will be a little deeper and also longer to improve flexibility. Sit at the front third of the chair with good posture with legs and knees bent over the ankles.
- Straighten one leg out in front, heel on the floor, foot relaxed, hands on the bent knee to support the back and bodyweight.
- Try and keep the chest lifted and bring forwards while bending at the hip. Repeat on the other side.

Duration/repetitions – performed once only each side, holding for 12-20 seconds each time.



Marches Seated (Arms and Legs) (A&L) – 30 seconds

Seated calf stretch

Postural Stability Physical Activity Session (Exercise Library)

Purpose – is to lengthen the calf muscle (gastrocnemius and soleus), to improve flexibility in the ankle joint and promote relaxation.

Instructions and teaching points –

- Sit on the chair with good posture with legs and feet hip width apart and knees are over ankles, toes facing forwards.
- Hold onto the sides of the chair with your hands, keep one knee bent over the ankle, other leg straightens with heel resting on the floor, pull the toes towards you and gently slide the leg forwards to feel a mild stretch in the calf.

Duration/repetitions – performed once only each side, holding for 12-20 seconds each time.



Component – Tai chi

Purpose – this will complete the cool down for our hearts and lungs to ensure the full exercise benefits. Also, to help improve movement control and promote relaxation.

Equipment –

Chairs

Exercise Name

Painting the fence with the arms only

Purpose – to help improve movement control in a three-dimensional manner.

Postural Stability Physical Activity Session (Exercise Library)

Instructions and teaching points –

- Stand tall behind the chair holding on with both hands, feet hip width apart.
- Begin with raising one hand up to shoulder height and back down and repeat on both arms.
- Slight bend at the shoulder, elbow and wrist to create a fluid movement.

Duration/repetitions – single arms 4x each side, both arms 4x each side.

Progression –

- Add in the legs for weight shifting side to side, adding in an arm while shifting the weight, doing the movement without any support and using the arms and legs.

Seated Variation (SV) –

- Sit on the chair with good posture with legs and feet hip width apart and knees are over ankles.
- Begin with raising one hand up to shoulder height and back down and repeat on both arms.
- Slight bend at the shoulder, elbow and wrist to create a fluid movement.

Give yourself a clap and well done!

