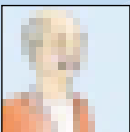




strong

& STABLE





What do I need to know **BEFORE** PERFORMING the strength activities?

1

Consult with my doctor to make sure that these strength activities are safe and appropriate for me before my first session.

2

Always warm-up the body before doing any of the strength activities. Lifting my knees up while seated, walking in place, and gently swinging my arms for about 5 to 10 minutes will get my muscles ready for the strength activities.

3

Perform the strength activities in the order they appear in this guide and read each description fully before starting the strength activity.

4

Try and perform the strength activities through as full a range of motion as possible but avoid overextending my limbs or locking the joints.

5

Consult with my doctor to make sure that these strength activities are safe and appropriate for me before my first session.

6

Always warm-up the body before doing any of the strength activities. Lifting my knees up while seated, walking in place, and gently swinging my arms for about 5 to 10 minutes will get my muscles ready for the strength activities.

7

Perform the strength activities in the order they appear in this guide and read each description fully before starting the strength activity.

8

Try and perform the strength activities through as full a range of motion as possible but avoid overextending my limbs or locking the joints.

9

Perform each strength activity in a slow and controlled manner while maintaining correct form.

s¹

wall slides

1 **Stand tall** with back against the wall.

2 Position feet about 12 to 24 inches out from wall and **hip-width** apart.

3 **Breathe out** as you slowly slide down wall almost to sitting position. **Knees** are



just behind or directly above ankles.

4

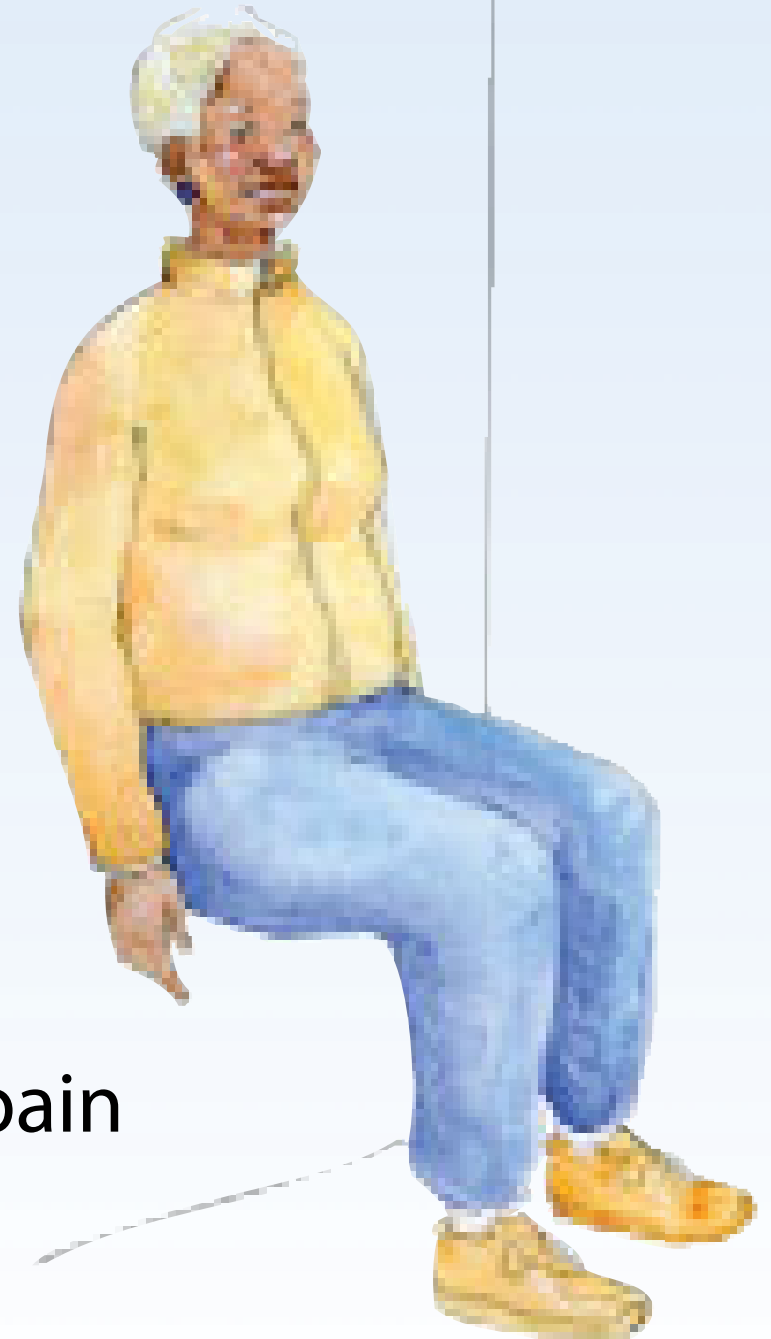
Hold position for 3 to 5 seconds while **breathing evenly.**

5

Slowly return to start position.

*

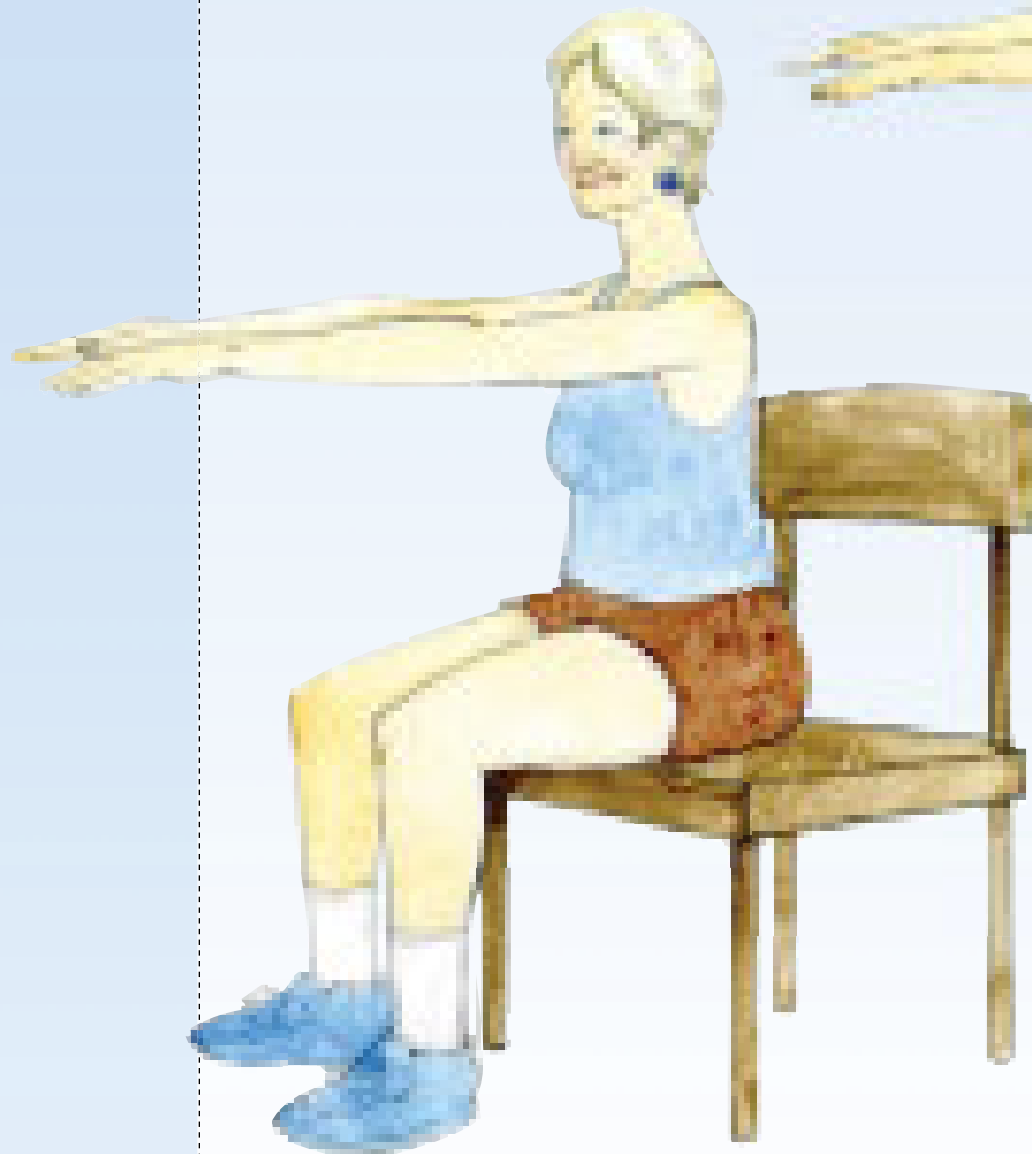
CAUTION: Do not slide down as far if you feel any pain during the activity.



S²

sit-to-stand squats

- 1** **Sit tall** in the center of a sturdy chair positioned against wall if possible. **Feet** are flat on floor and hip-width apart. Arms are extended. **Direct eyes forward** and **breathe in**.
- 2** **Breathe out** and stand up, raising the body about two-thirds of the way up. Keep the **back straight** and the knees slightly behind or above the ankles.
- 3** **Hold the position** for 3-5 seconds while breathing evenly.
- 4** **Slowly** return to a seated position.



S³

seated hip abduction

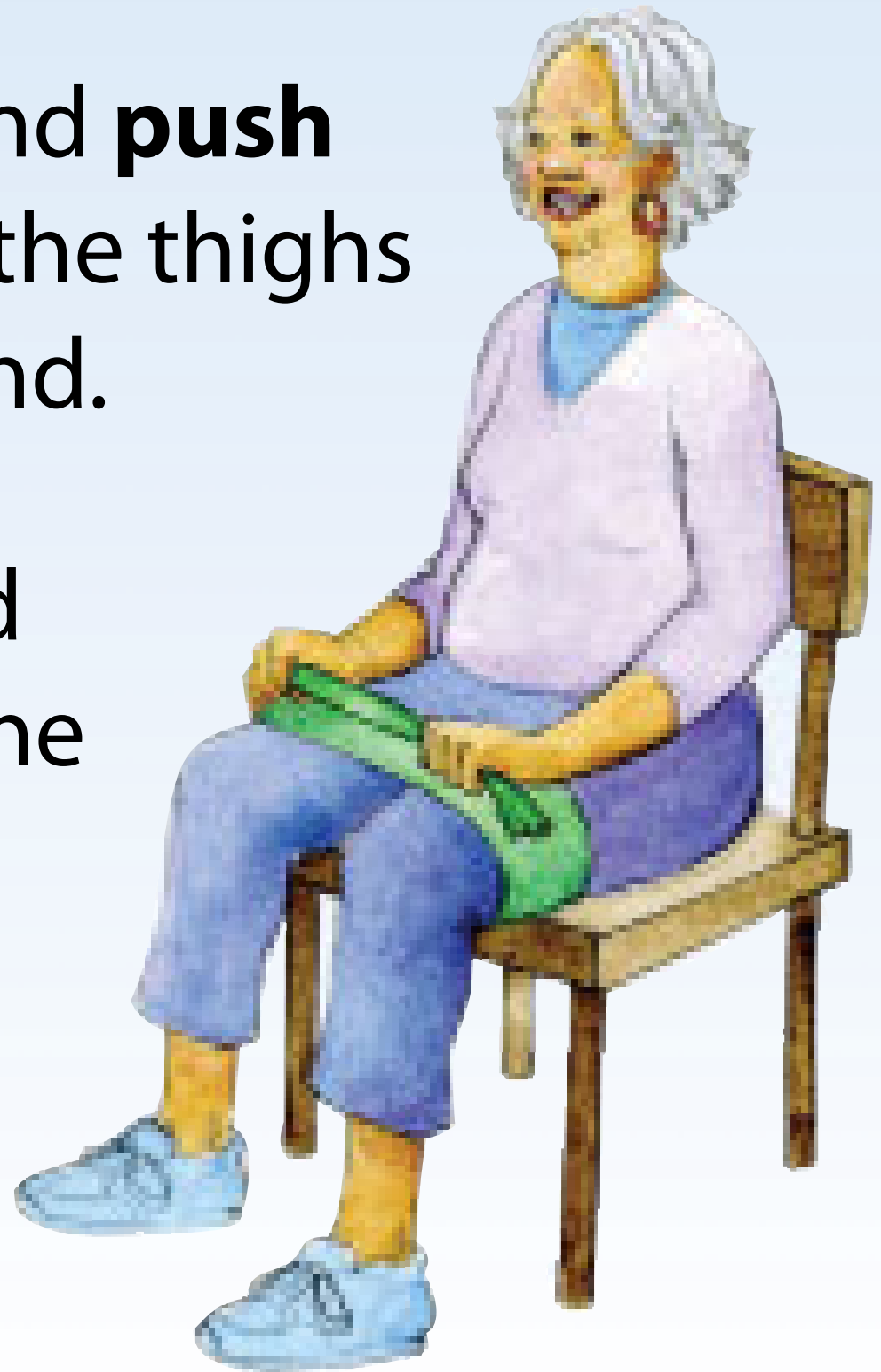
- 1** **Sit tall** in center of chair with **feet flat** on the floor and hip-width apart.
- 2** Wrap the resistance band once or twice around the thighs of both legs and **hold ends firmly** against thighs. **Breathe in.**

3

Breathe out and push the outside of the thighs against the band.

4

Breathe in and slowly move the thighs back to their starting position.



S⁴

standing side leg lifts

(WITH OR WITHOUT RESISTANCE)

- 1** **Stand tall** with **feet hip-width apart** while holding onto a sturdy chair. **Shift weight** onto one leg and **breathe in.**
- 2** **Breathe out** and slowly **raise** the other leg out to the side, **leading with the heel.** Do not allow

3

upper body to move during leg raise.

4

Breathe in and **slowly** return the leg to the starting position.

5

Repeat the exercise with opposite leg.



S⁵

standing leg curls

(WITH OR WITHOUT RESISTANCE)

1 **Stand tall** with feet **hip-width** apart. Lightly hold onto back of a sturdy chair or counter top and **breathe in.**

2 **Breathe out** and slowly **bend one knee** up towards the buttocks until it reaches a 90 degree angle. **Do**

not allow thigh to move backwards as leg is raised.

3

Breathe in and return the leg **slowly** to the starting position.

4

Repeat the activity with other leg.



S⁶

standing heel raises

(WITH OR WITHOUT RESISTANCE)

- 1** **Stand tall** with **feet flat** on the floor and **hip-width** apart.
- 2** Hold onto the back of a sturdy chair or counter top for support. **Breathe in.**
- 3** **Breathe out** and **slowly** lift

both heels off the floor.

4

Hold the position for 3 to 5 seconds, and **breathe evenly.**

5

Slowly lower heels to the floor.



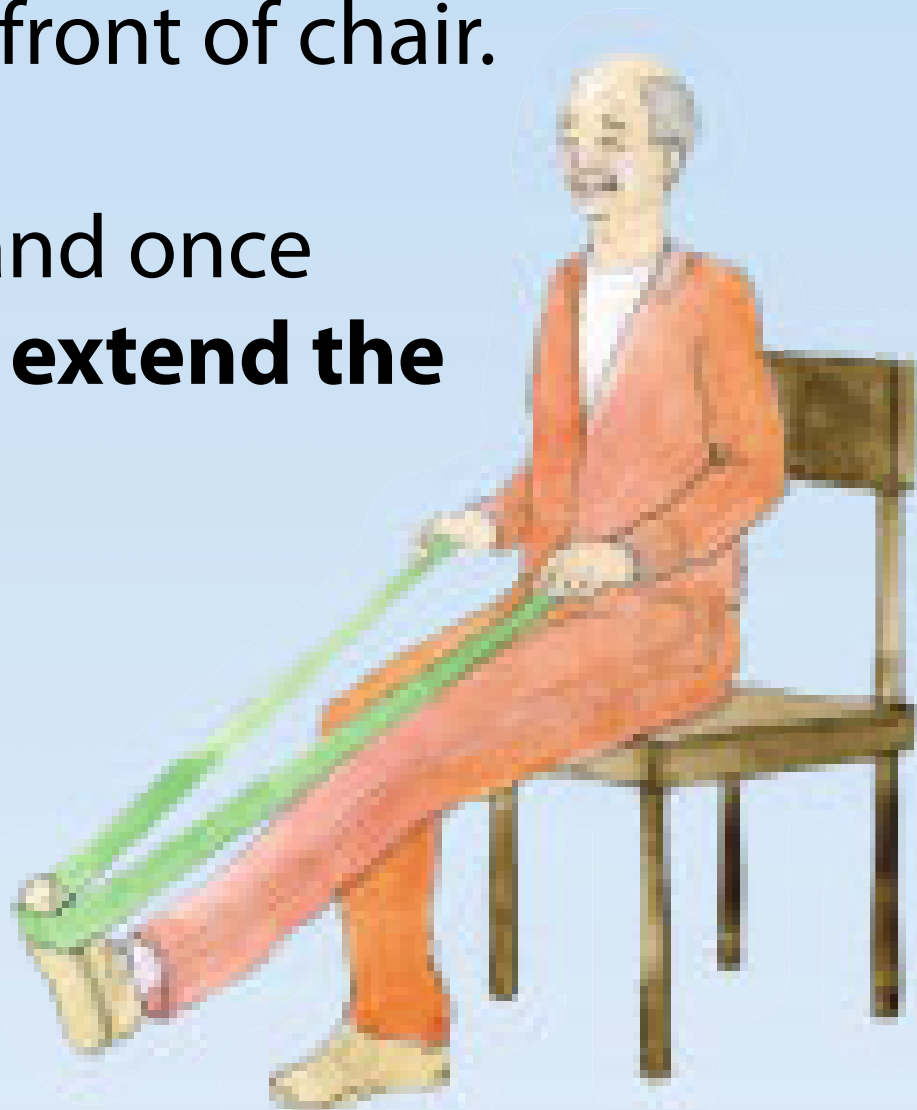
s⁷

seated point & flex

1 **Sit tall** and towards front of chair.

2 Wrap a resistance band once around the foot and **extend the leg.**

3 Hold the ends of the stretched band **firmly in the hands.**



4

Breathe evenly while slowly pointing and flexing the foot of the extended leg. **Maintain tension** on the band throughout the physical activity.

5

Repeat the activity with the opposite leg.



S⁸

seated rows

1

Sit tall in center of chair.

2

Loop resistance band under middle of both feet (heels on floor) and **hold ends firmly**.

3

Breathe out while slowly pulling band towards chest.



4

Squeeze shoulder blades together and keep **elbows close to sides** during pulling motion.

5

Breathe in and **slowly** return resistance band to start position.



S⁹

chest press

- 1 **Stand tall**, feet hip-width apart. **Stomach and chin tucked in** and eyes directed forward.
- 2 Loop resistance band around back and under the armpits.
- 3 Wrap ends of band once around hands and **hold**



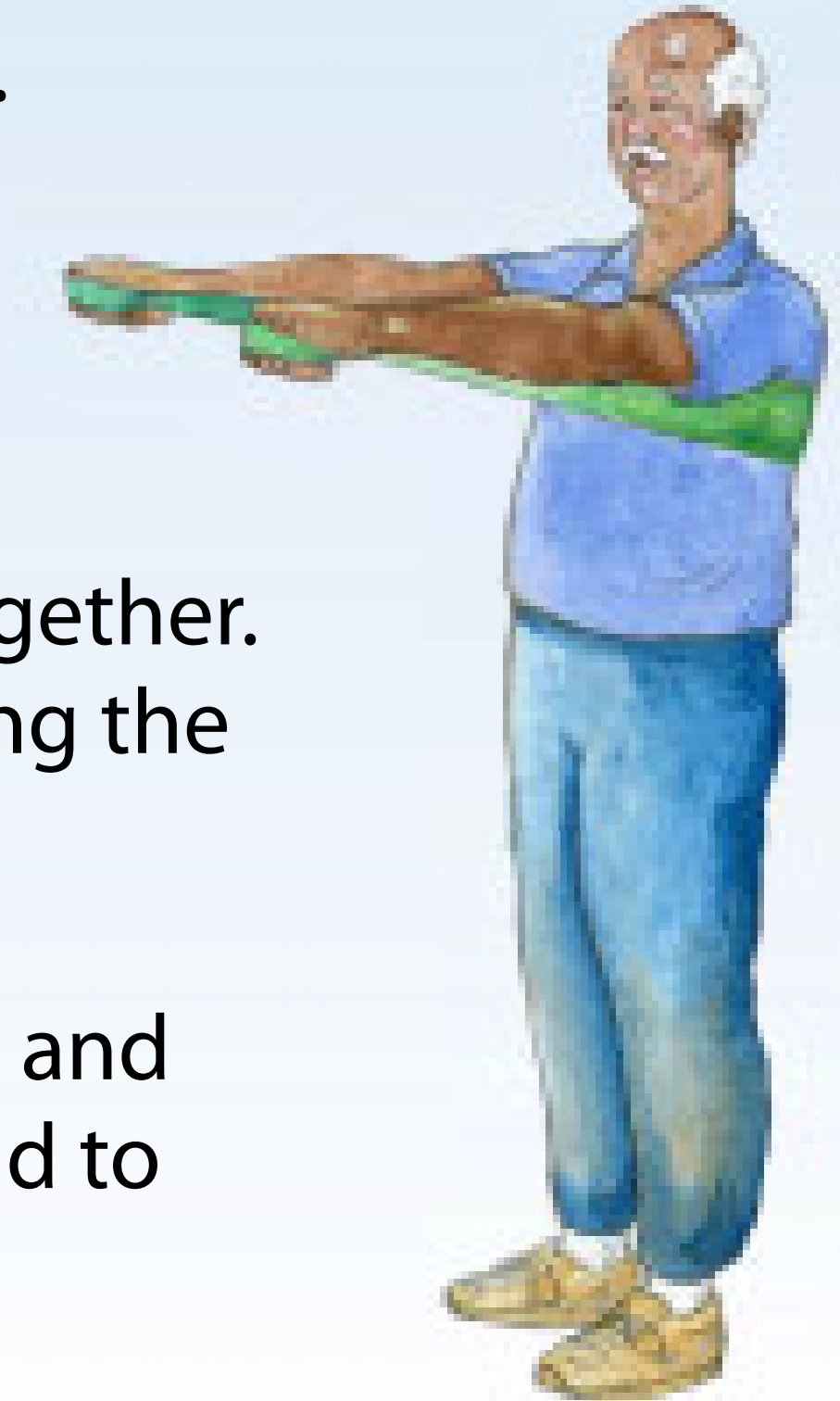
firmly. Breathe in.

4

Push the arms directly forward and **press the chest muscles** together. **Breathe out** during the pushing motion.

5

Pause, **breathe in** and **slowly** return band to starting position.



triceps extensions

- 1 **Sit** in center of a sturdy chair or stand tall with feet hip-width apart and **eyes directed forward.**
- 2 Wrap resistance band around each hand until length of band is equal to width of shoulders.
- 3 Raise one arm to shoulder level. Bend the elbow and face palm



towards shoulder. **Breathe in.**

4

Breathe out and slowly extend the other arm, while **keeping the elbow close to the side** of the body.

5

Pause, **breathe in** and **slowly** return the extended arm to the starting position.

6

Repeat activity with other arm.





How can I make THE ACTIVITIES more difficult?

1) Increase the number of times I do the strength activity from 8 to 12. Add two repetitions at a time (e.g. 8 to 10 to 12).

2) Add a second set of repetitions with the same resistance band once I can perform the first set of 12 repetitions comfortably. Reduce the number of repetitions back to 8 for each set, and rest for about one minute between sets. Add two repetitions at a time until I can perform 12 repetitions comfortably.

3) Select the next level of resistance band and perform 8 repetitions first, adding two repetitions at a time until I reach 12 again.

Although different manufacturers use different colors for different levels of resistance, Thera-Band® uses the following color coding system:

Yellow - Lowest resistance

Red - Medium resistance

Green - Heavy resistance

Blue - Extra Heavy resistance

To increase the level of resistance, I can also put one band on top of another band of the same resistance when performing the exercise.

Add an ankle weight (1 to 2 lbs maximum) when performing lower body standing exercises such as the leg curls, heel raises, and side leg lifts.

To order Thera-Band®, call 1.800.699.4994



assumption of risk

The distribution of this Strong & Stable guide by the Fall Prevention Center of Excellence is done as a service to older adults to promote activities that may lower the risk for falls.

Before engaging in any physical activity program, you should consult your primary care physician. **If any of the following apply, you should not perform these activities without permission from your Doctor:**

- 1) Your Doctor has advised you not to perform physical activity because of your medical condition(s),
- 2) You are experiencing dizziness or experiencing tightness, pressure, pain, or heaviness in your chest when you perform physical activity,
- 3) You have been told you have congestive heart failure or have uncontrolled blood pressure (160/100 or above).

If you choose to perform any of the Strong & Stable activities in this guide, you are assuming the inherent risks, and may not hold the Fall Prevention Center of Excellence or any person who sponsors, promotes, or distributes these exercise guides liable for injury or harm.



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