

# Senior Stretching Program

**Exercise:**

Seated Arm Raise



WHILE SEATED UPRIGHT IN GOOD POSTURE RAISE YOUR ARMS OUT IN FRONT OF YOU MOVING THEM UP OVERHEAD.

**Repeat:** 10 times      **Sets:** 1

**Hold Time:** 5 secs      **Resistance/Time:** 0

**Sessions:** 1 /day

**Exercise:**

Standing Trunk Rotation



STAND WITH YOUR FEET TOGETHER AND YOUR HANDS ON YOUR HIPPS. GENTLY AND SLOWLY TWIST YOUR TRUNK TO THE LEFT THEN THE RIGHT.

**Repeat:** 5 times      **Sets:** 1

**Hold Time:** 10 secs      **Resistance/Time:** 0

**Sessions:** 1 /day

**Exercise:**

Standing Calf Stretch



HOLD ON TO THE BACK OF A CHAIR AS ILLUSTRATED. MOVE THE LEG TO BE STRETCHED BACKWARD KEEPING THE KNEE STRAIGHT. MOVE THE TRUNK FORWARD KEEPING THE HEEL ON THE GROUND.

<b>Repeat:</b>	2 times	<b>Sets:</b>	1
<b>Hold Time:</b>	30 secs	<b>Resistance/Time:</b>	0
<b>Sessions:</b>	1 /day		

**Exercise:**

Standing Hamstring Stretch



WHILE STANDING AND HOLDING ONTO A CHAIR WITH ONE HAND STRAIGHTEN A LEG OUT PLACING THE HEEL ON THE GROUND. LEAN FORWARD STRETCHING TOWARD THE TOES AS ILLUSTRATED AND MAINTAIN A STRAIGHT KNEE.

<b>Repeat:</b>	2 times	<b>Sets:</b>	1
<b>Hold Time:</b>	30 secs	<b>Resistance/Time:</b>	0
<b>Sessions:</b>	1 /day		

**Exercise:**

## Assisted Quadriceps Stretch



WHILE STANDING AND HOLDING ONTO THE BACK OF A CHAIR BEND THE LEG TO BE STRETCHED BEHIND. HAVE YOUR PARTNER GENTLY AND SLOWLY PULL THE HEEL TOWARDS YOUR BOTTOM AS ILLUSTRATED.

**Repeat:** 2 times      **Sets:** 1

**Hold Time:** 30 secs      **Resistance/Time:** 0

**Sessions:** 1 /day

**Exercise:**

## Chest Stretch



WHILE STANDING GRASP THE OTHER HAND BEHIND YOUR BACK. KEEPING THE ELBOWS STRAIGHT SLOWLY RAISE YOUR ARMS UP AS ILLUSTRATED.

**Repeat:** 2 times      **Sets:** 1

**Hold Time:** 30 secs      **Resistance/Time:** 0

**Sessions:** 1 /day

**Exercise:**

Rear Shoulder Stretch



PULL YOUR ARM ACROSS YOUR BODY GENTLY OBTAINING A STRETCH IN THE BACK OF THE SHOULDER.

<b>Repeat:</b>	2 times	<b>Sets:</b>	1
<b>Hold Time:</b>	30 secs	<b>Resistance/Time:</b>	0
<b>Sessions:</b>	1 /day		

**Exercise:**

Standing Backward Bend



PLACE THE HANDS IN THE SMALL OF THE BACK AND SLOWLY ARCH THE BACKWARDS.

<b>Repeat:</b>	5 times	<b>Sets:</b>	1
<b>Hold Time:</b>	5 secs	<b>Resistance/Time:</b>	0
<b>Sessions:</b>	1 /day		



IN THE SEATED POSITION REACH DOWN BETWEEN YOUR LEGS AND OBTAIN A STRETCH IN THE LOWER BACK.

<b>Repeat:</b>	5 times	<b>Sets:</b>	1
<b>Hold Time:</b>	10 secs	<b>Resistance/Time:</b>	0
<b>Sessions:</b>	1 /day		

**Exercise:**

Seated Side Bend



REACH THE HAND OVERHEAD AND BEND THE TRUNK TO THE SIDE.

<b>Repeat:</b>	5 times	<b>Sets:</b>	1
<b>Hold Time:</b>	5 secs	<b>Resistance/Time:</b>	0
<b>Sessions:</b>	1 /day		