



Chair Based Exercises For Mobility in Care Homes

Try these 6 simple exercises 2 or 3 times a week with the residents and they will soon see an improvement in their mobility.



- Make sure the chair is sturdy
- Ensure the residents wear supportive shoes
- If a resident experiences chest pain, dizziness or severe shortness of breath, stop and call the GP or 111
- A slight soreness the next day is normal



Ankle Activators

This exercise loosens the ankle joint

- Place one foot in front, with the heel on the floor
- Lift the foot and place the toes where the heel originally was
- Repeat 4 times on each foot

Trunk Twist

This exercise loosens the lower back

- 'Sit tall' in the chair
- Cross the arms, and turn the upper body to the side, back to the front, then turn the other way
- Repeat this movement 4 times



Shoulder Lifts

This exercise loosens the shoulder joint

- 'Sit tall' in the chair
- Lift the shoulders upwards towards the ears, then begin to lower slowly
- Repeat this movement 4 times

Why not share with friends and relatives to get involved?

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Chair Based Exercises For Mobility In Care Home's

Tip!
Why not schedule
these exercises
weekly for residents
as a reminder?



Calf Stretch

This increases the range of movement at the ankle

- Place one foot in front, with the heel on the floor
- Point the toes upwards towards the ceiling (a slight pull in the lower leg should be felt)
- Hold this position for up to 10 seconds, then repeat on other leg

Hamstring Stretch

This exercise increases the range of movement in the hips

- Place one foot in front, with the heel on the floor
- Place the hands on the bent knee for support, 'sit tall', then lean forwards, (a slight pull on the back of the thigh should be felt)
- Hold this position for up to 10 seconds, then repeat on other leg



Upwards Side Stretch

Increases range of movement in the shoulder

- Place one hand on the shoulder of the same side and lift that elbow upwards towards the ceiling with the opposite hand
- Hold this position for up to 10 seconds, then lower slowly and repeat on other arm



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