

HCPA Chair Based Exercise Guidance

These exercises are safe and effective for the majority of individuals. Only take part if the individual has been assessed as safe to take part. These exercises can be done 2-3 times per week.

WARM UP EXERCISES

- **Leg March** - Hold onto chair if support is needed. Each leg to be lifted alternatively in a marching action using their toe and then onto their heel to avoid stomping.

Aim to achieve 30 secs x 3 sets



- **Arm Swings** - Swing each arm alternatively, with the movement coming from the shoulders. It is important that participants are sitting in the correct postural position to allow range of movement through the shoulder joint

Aim to achieve 30 secs x 3 sets

- **Tap and Clap** - Tap thighs softly, bring the hands back up towards the chest and clap. Repeat slow and controlled as this movement is repeated

Aim to achieve 30 secs x 3 sets



MOBILITY EXERCISES

- **Side Bends** - Start with arms by the sides, then slide down with one arm down the side of the chair. Hold onto the opposite side of the chair for support if needed. Keep shoulders down and avoid the hips lifting from side to side. Lift up to the centre before moving to the other side.

Aim to achieve 4 reps each side



STRETCHES

- **Chest Stretch** - Make sure there is good posture before starting with the chin parallel to the floor and chest lifted. The hands are drawn to the back of the chair. Focus on opening the chest. Lean forward until you feel the stretch, then hold your position

Aim to hold or 10 seconds

STRENGTH EXERCISES

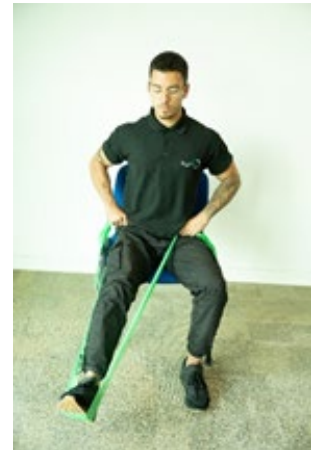
- **Upper Back Strengtheners** - Keeping wrists firm and straight, keep elbows to the sides of the body. Stretching the band and then slide the elbows back to draw the shoulder back together

Aim to achieve between 8-12 repetitions with good skill and control



- **Thigh Strengthenener** - Pull the band in toward the hips to create the resistance. Keep knee lift low, push down and away from the body ensuring you don't lock the knee. Sit tall and avoid leaning backwards. Slow and controlled, breathing naturally. Repeat on other leg.

Aim to achieve between 8-12 repetitions with good skill and control



- **Arm Curl** - Keep the elbow against the side of the body, keep wrists firm throughout. Movement is from the elbow not the shoulder. Lift the band towards your shoulders. Repeat on the other arm.

Aim to achieve between 8-12 repetitions with good skill and control

- **Outer Thigh Strengthenener** - Keep feet flat on the floor, knees above feet. Place band over your thighs. Push your knees out to the side, then relax to starting position. Try to avoid letting the knees to touch between each rep. Keep movement smooth and controlled.

Aim to achieve between 8-12 repetitions with good skill and control



- **Wrist Strengthenener** - Grip band, twist and push away from your body, then pull. Keep wrists firm throughout. After 5-6 reps swap hands over and finish your set

Aim to achieve between 8-12 repetitions with good skill and control



- **Chest Strengthenener** - Maintain straight wrists throughout, begin with elbows tucked into your side and as you straighten arms without locking the elbows. Keep an upright posture doing this with the tummy pulled in towards the spine

Aim to achieve between 8-12 repetitions with good skill and control



Chair Based Exercises: For Mobility

Try these 6 simple exercises a minimum of three times a week and the person will soon see an improvement in their mobility.



- Make sure the chair is sturdy
- Ensure the person wears supportive shoes
- If the person 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 four 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 four 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 four times



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 calf should be felt)
- Hold this position for up to ten 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 leg straight and 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 ten 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 ten seconds, then lower slowly and repeat on other arm



Chair Based Exercises are not evidenced based for improving balance , but are suitable for those unable to take part in balance exercises.