



# STOPFALLS

## Keeping active while staying home

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Visit **hcpastopfalls.info** to find our exercise videos and follow along at home.

Download the free **StopFalls App**, where you can watch these exercise videos at home and follow along as well as fall proofing your home.



# About this booklet

This booklet gives you a simple way to exercise at home to keep you active and healthy. The governments guidelines explain that we should be doing 150 minutes of exercise per week with strength exercises twice a week. Start the exercises slow and build up in your own time to keep you well while staying at home. Please make sure you have read the below checklist to make sure you are ready to exercise.



# Disclaimer

## Participant's Agreement for completing exercise

### Responsibility & Accountability

You will be retaining ultimate responsibility and accountability for the proposed area of practice and the performance of these exercises.

### Risk Mitigation

Consider whether you are taking adequate steps to ensure the safety effectiveness of your exercise. You will adapt and progress individual exercises in-line with your own / the person you care for abilities. If you are ever in doubt of abilities seek further advice.

### Autonomy for Healthcare Professionals

Consider how you are working autonomously i.e. are you able to make decisions without the permissions of another Healthcare professional. You may need to seek advice or guidance from another professional before delivering exercises.

*By continuing to partake in these exercises you do so at your own risk, please only participate if you are safe to do so. All content is provided as general information by HCPA. It should not be treated as a substitute for any other medical advice and you take responsibility for any exercise carried out not HCPA.*

**Before you exercise, please use this checklist to make sure you are safe to do so. If you choose to partake in these exercises please remember you are exercising at your own risk.**

- It is normal to feel some muscle soreness after exercise, if you experience persistent pain then seek advice from your GP or other health professional
- For the exercises with a chair, choose one that is stable and without wheels
- Try to attempt these exercises twice a week, start slowly and increase the repetitions over time
- If you are unsure whether you should be exercising, consult with your GP or other health professionals
- Please do not participate in exercise if you experience chest pain, dizziness or severe shortness of breath, call 111 if you experience these symptoms or 999 in an emergency
- If you are using an exercise band, please only use it if it is free from any damage
- Please have water nearby to keep yourself hydrated during and after exercise

Visit our dedicated webpage at [hcpastopfalls.info/covid-19](https://hcpastopfalls.info/covid-19) for information, videos, and support for exercise, engagement activities and wellbeing for you, your staff and the people you care for.

# 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. **Please refer to our checklist at the beginning of this brochure before beginning your exercise.**



- 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 or 999 in an emergency
- A slight soreness the next day is normal

## 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

### 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



## STRENGTH EXERCISES

*\* The following exercises are to be performed if you have a resistance band. Please make sure your band is safe to use and free from any damage.*

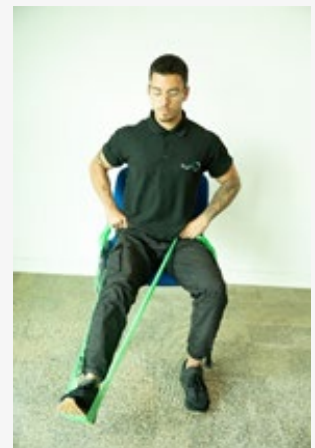
- **\*Upper Back Strengtheners** - Keeping wrists firm and straight, keep elbows to the sides of the body. Stretching the band and then slide the elbows back to draw the shoulder back together

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



- **\* Thigh Strengtheners** - 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*

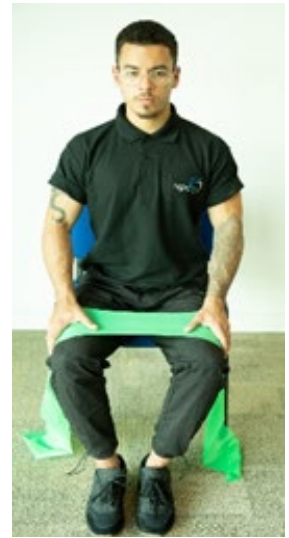


- **\* Arm Curl** - Keep the elbow against the side of the body, keep wrists firm throughout. Movement is from the elbow not the shoulder. Lift the band towards your shoulders. Repeat on the other arm.

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

- **\* Outer Thigh Strengtheners** - 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 touch between each rep. Keep movement smooth and controlled.

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



- **\* Wrist Strengtheners** - 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 Strengtheners** - 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*



## COOL DOWN STRETCHES



### 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.*



## HCPA Strength & Balance Guidance

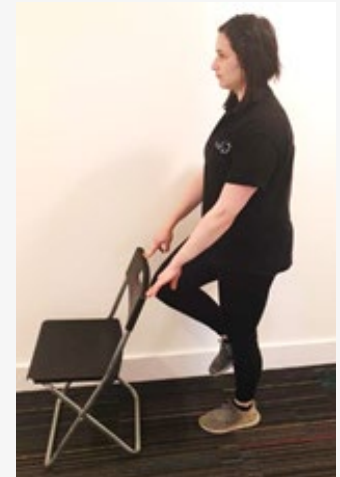
These exercises are safe and effective if you feel confident in a standing position, or if you or the individual have been assessed as safe to take part. These exercises can be done 2-3 times per week. **Please refer to our checklist at the beginning of this brochure before beginning your exercise.**



- Make sure the chair is sturdy
- Ensure residents wear supportive shoes
- If the person experiences chest pain, dizziness or severe shortness of breath, stop and call the GP or 111 or 999 in an emergency
- A slight soreness the next day is normal

### WARM UP EXERCISES

- **Marching** - Standing behind your chair, feet hip width apart with both hands on the top of the chair for support. Begin to lift one knee up towards the body, switching legs into a marching action. You may want to reduce support of the chair, if you feel confident by using your fingertips or taking one hand away



*Aim to achieve 30 seconds*

- **Arm Swings** - Start with one hand supporting you on the chair. With the other hand start to swing one arm backwards and forwards keeping your elbow close to the body. If you feel confident to then you can take both hand off the support to stand unaided.

*Aim to achieve 30 seconds on each arm swing, or simultaneously for 30 seconds.*



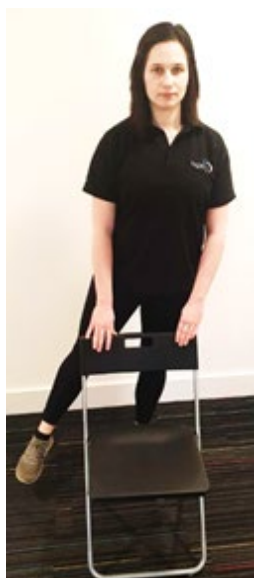
- **Head Movement** - Stand tall with your feet hip width apart and with your hands holding the chair for support. Turn the head slowly left and right as far as you feel comfortable. Ensure that your shoulders stay still so you are only moving the head.



*Aim for 4 turns each side*

- **Trunk Movement** - Standing tall with the feet hip width apart, fold the arms across the chest or place one hand for support on the chair. Turn the upper body each side, keeping your hips square towards the chair.

*Aim to achieve 4 turns each side*



## STRENGTH & BALANCE

- **Side Hip Strengthener** - Stand tall with feet hip width apart holding onto the chair. Lift one leg slowly out to the side while keeping your toes forwards. Avoid leaning your body to the side. Place the weight evenly back onto both feet before you continue each repetition.

*Hold each lift of up to 5 seconds*

*Aim for 8-10 repetitions*



## Heel Raises

- Stand tall, holding the back of a chair
- Lift the heels off the floor, taking the weight onto the big toes
- Hold for three seconds, then lower with control, and repeat ten times

## Toe Raises

- Stand tall holding the chair
- Raise the toes, taking the weight onto the heels, (don't stick the bottom out)
- Hold for three seconds then lower with control, and repeat ten times



## Sit to Stand

- Sit tall near the front of the chair with the feet positioned slightly back
- Lean forwards slightly and stand up (with hands on the chair if needed)
- Step back until the legs touch the chair then sit down into the chair with control, then repeat ten times





## Heel-Toe Stand

- Stand tall with one hand on the support. Put one foot directly in front of the other to make a straight line
- Look ahead, take your hand off the support and balance for ten seconds
- Take the front foot back to the hip width apart. Then place the other foot in front and balance for ten seconds

## One-Leg Stand

- Stand close to the support and hold it with one hand
- Balance on one leg, keeping the support knee soft and posture upright
- Hold the position for ten seconds, then repeat on the other leg



## Heel-Toe Walking

- Stand tall, with one hand on a support like a kitchen cabinet
- Look ahead and walk ten steps forwards, placing one foot directly in front of the other so that the feet form a straight line
- Aim for a steady walking action. Take the feet back to hip width apart, turn around and repeat the steps in the opposite direction



## COOL DOWN STRETCHES



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- 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



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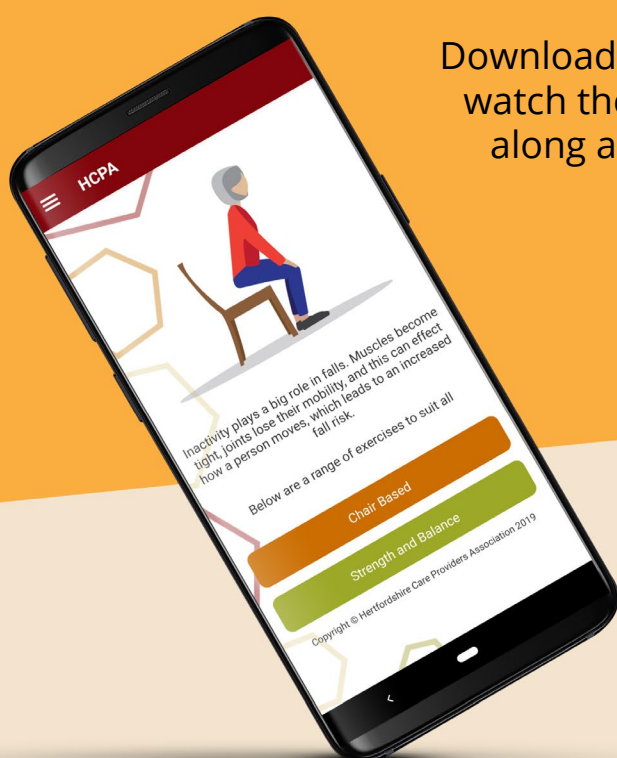
# COVID-19 Support

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- Follow video tutorials for Chair Based, Standing & Balance, Tai Chi and Exercise Circuits
- Find a downloadable version of this exercise resource
- Links to download the Free StopFalls App
- Link to engagement activities online and offline for care settings
- Find Information on wellbeing for staff and people you support
- Try meditation for stress and anxiety through a video tutorial

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