


# Exercises for Seniors

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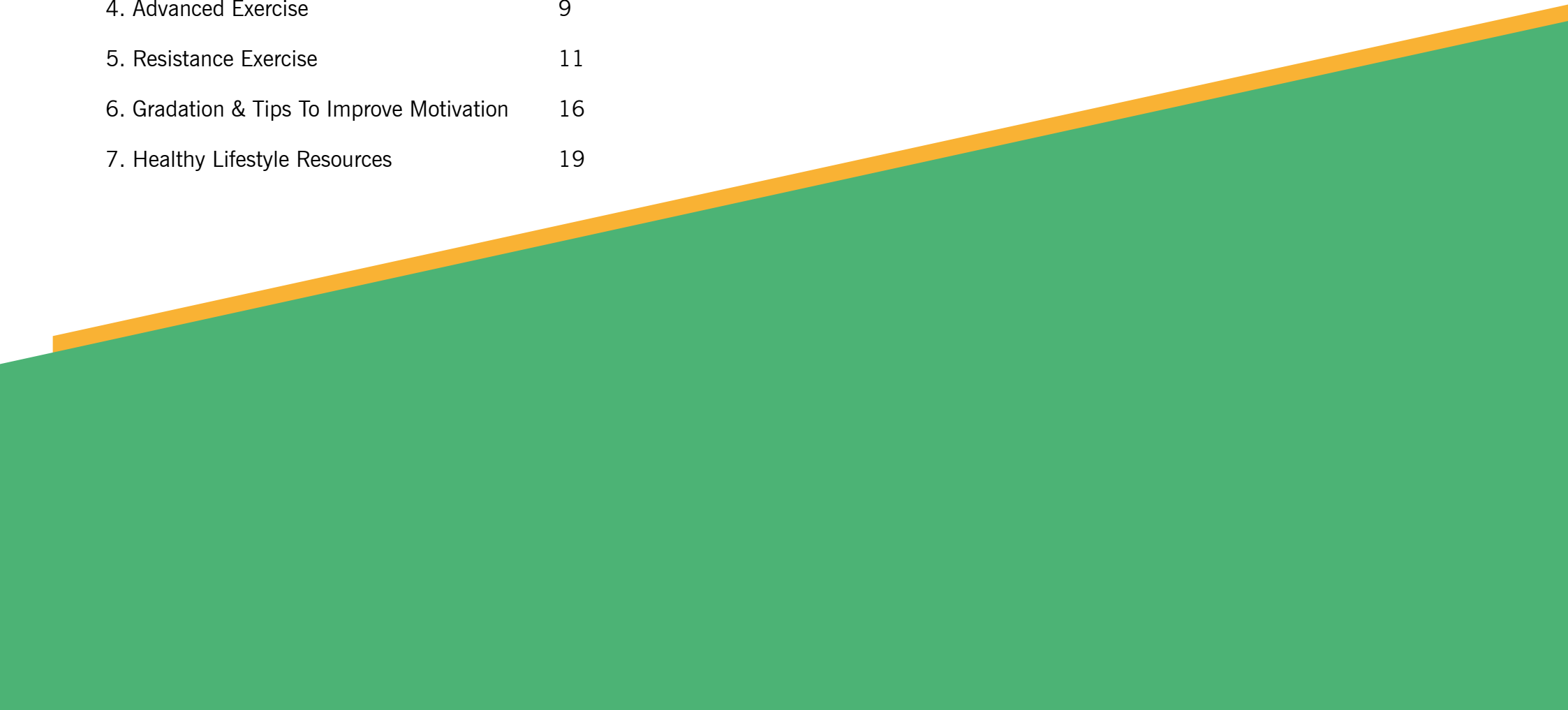
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Aug 2023



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# Shoes Safety Tips For Elderly

It is important for the elderly to choose suitable shoes as the wrong choice of shoes can lead to painful feet or even result in falls.

Always consider the individual's lifestyle habits and routine before jumping into purchasing shoes for the elderly person. Remember that good shoes are useless unless the elderly person wears them. Discuss with the individual and find a balance.

## Choosing the Right Shoes

### Heel Support

To add on stability and maximise contact with the ground

### Right Fit

Shoes must be accurate in size

### Adjustable Strap

Serves to enhance the grip on the foot

### Sole

Should be made of rubber and anti-skid. Patterns under the sole should be intact to provide friction

### Front of Shoes

Must be wide enough for the toes and not too loose



## Home Workout Exercise Guidelines

### Frequency & Type of Exercise

PER WEEK	
At least 150 minutes of <b>moderate</b> -intensity aerobic activity	
<b>OR</b>	
75 minutes of <b>vigorous</b> -intensity aerobic activity	+ at least two days of <b>muscle-strengthening</b> or <b>resistance</b> activities

### Intensity Level

<b>Light Intensity</b>	<ul style="list-style-type: none"> <li>Casual walking</li> <li>Light housework</li> <li>Stretching</li> </ul>	You will be able to talk and sing at the same time.
<b>Moderate Intensity</b>	<ul style="list-style-type: none"> <li>Brisk walking</li> <li>Slow swimming</li> <li>Gardening</li> </ul>	You will breathe harder with a faster heartbeat; you should be able to talk but not sing.
<b>Vigorous Intensity</b>	<ul style="list-style-type: none"> <li>Jogging</li> <li>Running</li> <li>Aerobic dancing</li> <li>Heavy gardening</li> </ul>	You will not be able to say more than a few words without pausing for a breath.

## Home Workout Preparation



# 4 Possible Causes of Leg Swelling



### Posture

Prolonged sitting or standing in the same position

### Physical Injury

Injury such as a strain or sprain

### Medication Side Effects

Certain medications such as those for blood pressure, hormone therapy, depression, or steroids

### Medical Condition

Infection, blood clot or problems with the kidneys, liver or heart

### Seek immediate help if you have:

- Significant swelling which started suddenly or is painful
- Swelling which is red and feels hot to the touch
- Very high body temperature where you feel hot and have shivers
- Have diabetes and your feet, ankles or legs have become swollen

# 5 Ways to Reduce Leg Swelling



Raise your swollen legs on a chair or pillows



Do gentle foot tapping to improve the blood flow



Wiggle your toes



Wear compression socks to prevent a further build up of fluid



Reduce salt intake

EASY

MODERATE

ADVANCED

HARD

1 Set

12 times each step

Time

15 minutes

Frequency

Twice a day

## Simple Exercises to do in Bed

### Step 1: Bridges

- Ensure lower back is flat on bed
- Tighten and squeeze backside and stomach
- Push both feet into the bed and lift your hip up as high as possible
- Hold for 5 seconds



### Step 2: Leg Raises

- Ensure back is flat on bed
- Straighten both legs
- Lift legs up as high as possible for 3 seconds
- Lower legs and repeat



### Step 3: Back Flexion Stretch

- Lay on your back
- Pull both knees to your chest
- Bend your head forward



# Intermediate Exercise

EASY

**MODERATE**

ADVANCED

HARD

1 Set	12 times each step	Time	35 minutes
Frequency	Twice a day		

## Step 1: Hand Raises

- Place your hands on your thighs
- Raise your hands as high as possible



## Step 2: Seated Power Push

- Clasp both hands in front of your chest
- Push outwards with your hands extended



## Step 3: Touch Down

- Sit upright on a chair
- Bend forward and reach for your toes



# Healthy Lifestyle Resources

- Tips to reduce swelling in legs
- Choose the right footwear for the elderly





# Work towards your health goal



## Step 4: Seated Cat-Cow

- Place your hands on your thighs
- Arch your back and open your chest
- Round your back; try to touch your chest using your chin
- Repeat slowly



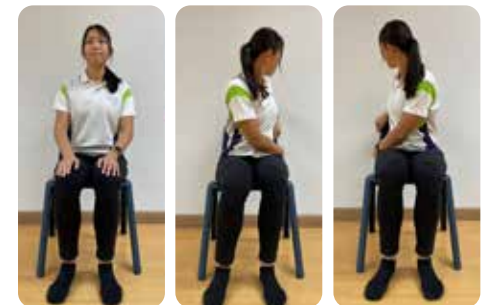
## Step 5: Seated Back Bend

- Place your hands on your lower back
- Tighten your arms and shoulders inwards towards each other
- Look up and breath



## Step 6: Seated Twisted Back

- Sit upright
- Twist your body to the side
- Use both hands to touch the arms of the chair



# Tips to improve motivation for seniors

## Step 7: Alternate Back Twist to Toe

- Sit securely on a chair
- Bend your body forward
- Twist your body and use your right hand to touch your left toes
- Repeat for the other side



## Step 8: Leg Lift

- Sit on a chair
- Lift each leg up to 90 degrees
- Put leg down and repeat



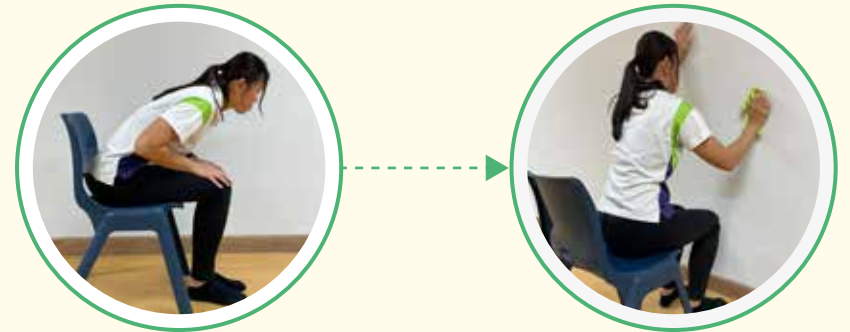
## Step 9: Ball Kick

- Sit upright
- Extend your knee in a kicking motion
- Put leg down and repeat



## Instil purpose and meaning to the tasks

Exercises can be integrated into the daily routines of seniors. For example, as an alternative to performing ten repetitions of forward and backward leaning exercises, seniors can incorporate exercises into activities such as seated painting or removing stains from wall.



## Make tasks joyful

Give rewards, organise friendly competitions and make tasks fun for seniors to create moments of joy with them.





# Gradation



## Reduce Intensity

Reduce the number of repetitions in each set

Reduce the pace and speed of each repetition

Increase the number of rest breaks

## Increase Intensity

Do not use a chair as support

Add on weights and increase the number of repetitions

Use a band of higher resistance

EASY		MODERATE		ADVANCED		HARD	
1 Set	12 times each step	Time	45 minutes				
Frequency	Twice a day						

## Simple Standing Exercises

### Step 1: Standing Forward Bend

- Stand one metre away from a chair
- Raise your hands
- Bend your body forward to touch the chair



### Step 2: Raised Legs

- Stand behind the back of a chair
- Hold onto the chair if necessary
- Raise one leg up to 90 degrees
- Repeat for the other leg



### Step 3: Sit to Stand

- Sit on a chair
- Place your hands on top of your thighs
- Bend forward
- Stand up



**For the following exercises, stand behind the back of a chair. Use the chair for support if necessary.**

#### **Step 4: Side Steps**

- Start with your legs side by side and stand upright
- Step to your right and keep your body aligned to the midline
- Step to your left



#### **Step 5: Step Back**

- Step backwards, use your toe to touch the ground
- Repeat with your other leg and alternate



#### **Step 6: Toe & Heel Strike**

- Shift your weight forward and tip toe
- Slowly stabilise your body back to the midline
- Put your weight on your heels and flex your toes
- Slowly move back to the midline and repeat



#### **Step 10: Ankle Flexion-extension**

- Move ankle in upwards and downwards direction
- Do it as many times as possible within 30 seconds
- Repeat at least twice a day



#### **Step 11: Toe Flexion-extension**

- Flex and extend toes
- Do it as many times as possible within 30 seconds
- Repeat at least twice a day



## Lower Body PROM Exercise

### Step 6: Hip and Knee Flexion

- Flex the leg up to 90 degrees
- Straighten the leg
- Repeat 10 times



### Step 7: Hip Rotation

- Flex the leg up to 90 degrees
- Rotate the legs in circular movement
- Repeat 10 times



### Step 8: Hip Abduction/ Adduction

- From the midline of body, move the leg outwards to the sides
- Hold it for 10 seconds in an extended position
- Bring the leg back to the midline
- Repeat 10 times



### Step 9: Hamstring Stretch

- Lengthen and straighten the leg
- Rise leg upwards and hold for 10 seconds
- Repeat 10 times



EASY

MODERATE

ADVANCED

HARD

1 Set

12 times each step

Time

40 minutes

### Step 1: Leg Push

- Place the resistance band under your left foot
- Straighten and raise your left leg
- Repeat for your right leg



### Step 2: Arm Pull

- Sit on a chair with your resistance band
- Step on the resistance band
- Pull upwards and outwards with your left hand
- Repeat with right side



### Step 3: Tricep Pull

- Place the resistance band at your lower back
- Push and straighten your arms
- Repeat



# Passive Range of Motion (PROM)

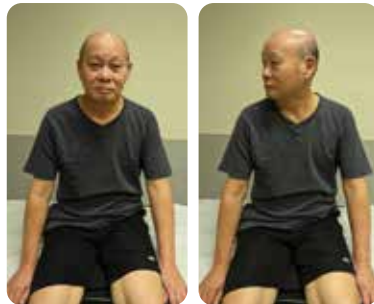
<b>EASY</b>		<b>MODERATE</b>	<b>ADVANCED</b>	<b>HARD</b>
1 Set	8 times each step	Time	40 minutes	
Frequency	Twice a day			

## Upper Body PROM Exercise

- Move each part of your body until you feel a tiny strain to attain complete range of motion, but do not force it
- Move gently and only till you feel the point of resistance
- Do each exercise for 8 times or move to the point of resistance and hold for 30 seconds

### Step 1: Neck Rotation

- Gently turn your head to look over the left shoulder
- Gently turn to gaze over the right shoulder
- Press the chin to the shoulder, if possible



### Step 2: Neck Flexion

- Tilt your head slowly towards the left shoulder and then towards the right shoulder
- Your ear should touch the shoulder if possible
- Make sure your shoulder is in a relaxed position and not stiff



### Step 3: Shoulder Flexion-extension

- Hold the wrist with one hand and stabilise the elbow with your other hand
- Keep the elbow straight and the palm facing the body, move the side arm above the head



### Step 4: Shoulder External-internal Rotation

- Place the hand under the elbow and forearm, bring the arm out to the side to the shoulder level
- Turn the arm so that the hand points to the ceiling
- Then turn the arm back down so that the hand points to the floor with the upper arm twisted in the shoulder joint



### Step 5: Elbow Flexion-extension

- Hold the wrist and elbow joint
- Bend the arm at the elbow and straighten the arm all the way

