



Rehab News

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Submitted By: Therapy Department at Healthcare Therapy Services, Inc.

Chair Exercises to Get Fit While You Sit

Did you know that you can still get a workout while sitting down? Exercise helps keep our bodies healthy and strong. Try incorporating these exercises into your daily routine to stay active and in shape at home.

Ankle Circles

Sit in a chair with feet flat on the floor. Extend your right knee and move your foot in a circle 20 times. Then move in the other direction 20 times. Repeat with the other ankle.

Seated March

Sit in a chair with feet flat on the floor. Lift up your right knee as high as comfortable. Lower your leg. Alternate lifting your knees for a total of 10 lifts each leg.

Arm Circles

Stand or sit and raise your arms to shoulder height. Begin arm circles in 360 degree circles to the rear and back to your beginning position. Repeat 10 times, go in opposite direction.

Shoulder Rolls

Stand or sit with or without weights in hands and arms at side. Feet are shoulder width apart. Raise shoulders upward toward ears, backward and down. Return to starting position and repeat 20 times.

Tips for your workout:

- Wear comfortable clothing that will allow you to freely move your arms and legs.
- Choose a sturdy chair that doesn't slide or roll.
- Don't overdo it, take your time and allow yourself several breaks.
- Gently stretch before and after your workout.



THErapy CAN HELP AGING ADULTS STAY ACTIVE & INDEPENDENT

Exercise is extremely important in managing many common symptoms of aging. Physical therapists evaluate your needs and teach you how to exercise appropriately for joint mobility, muscle strength and fitness. Occupational therapists help older adults to safely do the things they want to do, stay active and live well despite limitations. Therapy can help with pain associated with sitting too much, address postural issues, and create strategies to get you moving more and sitting less.



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