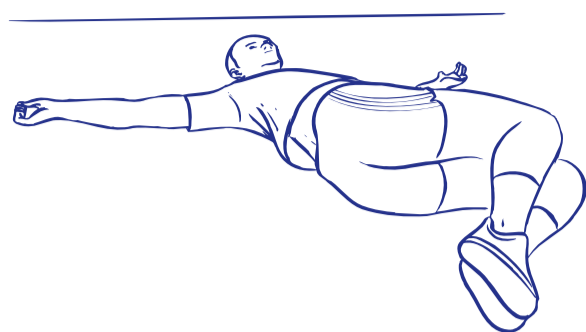


FLEXIBILITY

10. LOW BACK STRETCH



Stretches muscles in lower back and hips.

- Lie on floor, knees bent, feet flat.
- Place arms to side.
- Bring knees to chest, keep legs together.
- Keep head and shoulders on floor.
- Gently lower legs to one side without forcing them. Rest legs on floor, if possible.
- Hold for 10-30 seconds, then return to starting position.

11. HIP STRETCH



Stretches outer hip muscles.

- Sit up tall on floor with one leg straight and one leg bent.
- Rest foot on floor outside straight leg.
- Hug bent knee with opposite arm. Slowly pull knee to chest.
- Hold for 10-30 seconds, then return to starting position.

Smart Moves

Exercises for fall prevention for older adults

15 simple exercises to improve strength, balance, and flexibility

12. MID-BACK STRETCH



Stretches muscles in the mid-back, arms and shoulders.

- Kneel on floor, face down, keep neck relaxed.
- Reach arms out as far as possible and place hands on floor, palms down.
- Rest hips back on feet.
- Hold for 10-30 seconds, then return to starting position.

13. HAMSTRING STRETCH

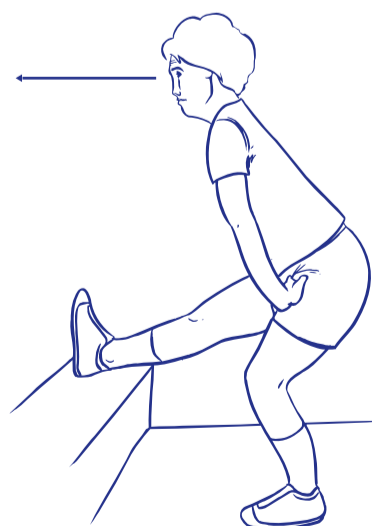


Stretches muscles in the back of the thigh.

- Sit on floor with one leg straight and one leg bent.
- Place foot on inside of straight leg.
- Sit up tall. If you feel a stretch, hold for 10-30 seconds, then return to starting position.
- If you don't feel a stretch, lean forward from hips (not waist) until you do. If you've had a hip replacement, omit this step or do the modified hamstring stretch, unless your health care provider approves.

Modified hamstring stretch

- Place one heel up on step or bench. Keep weight on back leg.
- Keep top leg straight and back knee slightly bent. Place hands on back of thigh.
- Keep head up and look straight ahead. If you feel a stretch, hold for 10-30 seconds, then return to starting position.
- If you don't feel a stretch, lean forward from hips (not waist) until you do. If you've had a hip replacement, omit this step unless your health care provider approves.



About floor exercises

You may need a chair to get down to the floor and back up. You may want to find a friend who can help you do the exercises. If you've had a hip replacement, check with your health care provider (surgeon, physiotherapist) before using this method.

How to get down to the floor

- Stand next to a chair, place hands on seat.
- Bring body down on one knee.
- Bring other knee down.
- Put hand on floor, lean on it as you bring one hip to floor.
- Straighten legs. Lie on your side. Roll onto back.

For all flexibility exercises

- Don't forget to warm up.
- Start with an easy stretch.
- Do not hold your breath.
- Relax your muscles.
- Work both sides.

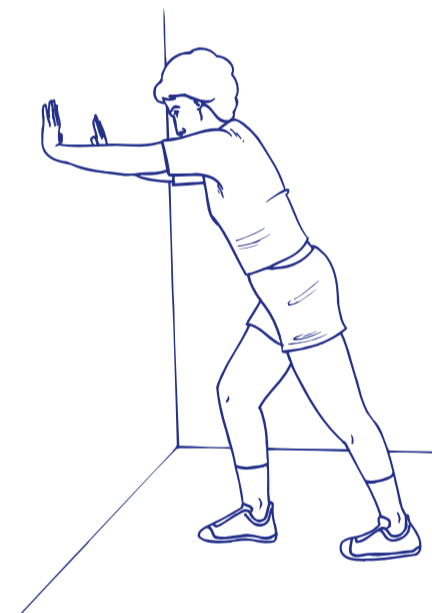
How to progress with flexibility exercises

- Stretch a bit further.
- Hold stretches for longer periods of time.



If you have osteoporosis, consult a physiotherapist or occupational therapist to teach you how to perform exercise safely. In general, you should avoid activities that require twisting or bouncing movements. If you have a history of compression fractures or are at high risk for fractures, make sure you do not do exercises that require you to bend forward from the waist from a sitting, standing, or lying position.

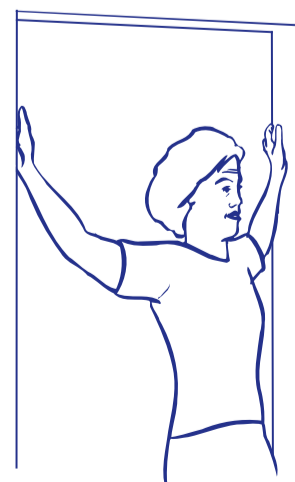
14. CALF STRETCH



Stretches muscles in the back of the lower leg.

- Stand and lean into wall.
- Step back with one leg (about 1-2 feet), keep knee straight.
- Press heel gently into floor. If you feel a stretch, hold for 10-30 seconds, then return to starting.
- If you don't feel a stretch, move your foot farther back until you do.
- To feel the stretch even lower (muscles above ankle), keep back heel flat but bend knee.

15. CHEST STRETCH



Stretches muscles of the chest and shoulders.

- Stand inside, feet slightly apart.
- Bring arms up and rest hands on outside of frame, palms facing front.
- If you feel stretch, hold for 10-30 seconds, then return to starting.
- If you don't feel a stretch, step forward about 1-2 feet until you do.

To find out more about the Smart Moves program, contact:

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