

# FLEXIBILITY STRETCHES

## To Improve Movement

There are 5 exercises in total  
It is beneficial to stretch after you have completed your exercises programme

Chest Stretch

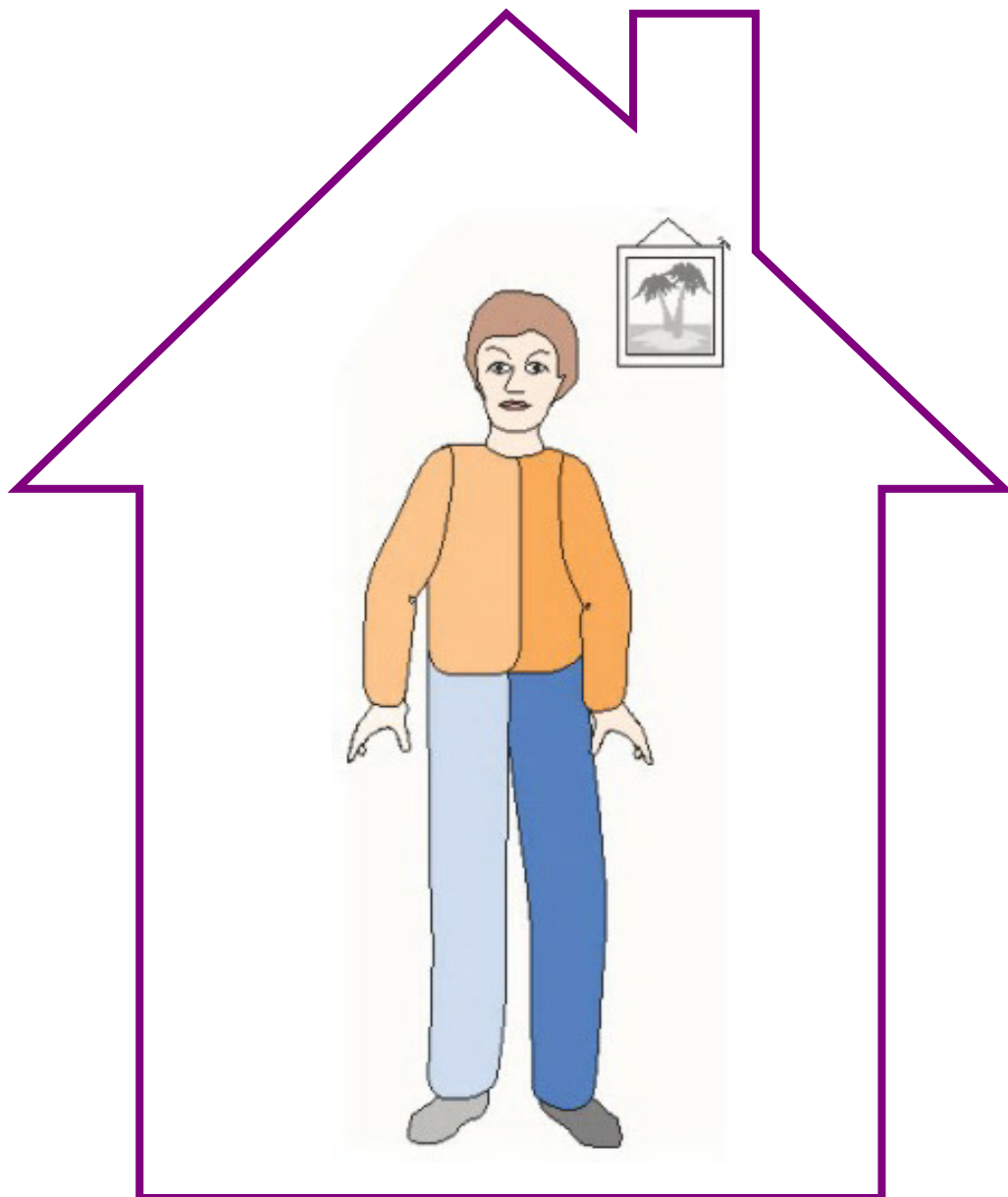
Back of Arm Stretch

Upper Side Stretch

Back of Thigh Stretch

Calf Stretch

You may not have all 5 exercises in your programme



## Chest Stretch

### To Improve Posture, Breathing and Arm Movements

- Sit upright in the chair
- Reach behind you with one or both arms, grasp the chair back or hands to hips
- Press your chest upwards and forwards until you feel a stretch across your chest - 'Stick your chest out'
- Hold for 3 - 4 seconds and repeat or progress to hold for 10 - 20 seconds



Specific Notes For \_\_\_\_\_ Written by \_\_\_\_\_

## Back of Arm Stretch

### To Improve Shoulder Movement

- Sit upright in the chair
- Ease the elbow upwards to a position you feel a mild stretch at the back of your arm
- Hold for 3 - 4 seconds and repeat or progress to hold for 10 - 20 seconds



Specific Notes For \_\_\_\_\_ Written by \_\_\_\_\_

## Upper Side Stretch

### To Improve Movement around the Spine & Trunk

- In seated or standing upright
- Keep your feet flat on the floor
- Keep your weight even across your buttocks (if seated)
- Reach one arm upwards or bend to the side to stretch your trunk
- Hold for 2 - 3 seconds only



Specific Notes For \_\_\_\_\_ Written by \_\_\_\_\_

## Back of thigh stretch

### To Improve Walking, Stride Length and Mobility Putting Shoes On

- Sit forward in the chair, just past the centre, not too far forwards
- Straighten one leg, placing the heel on the floor
- Place both hands if able onto the bent leg
- Lift the chest and lengthen the spine before you stretch
- East the trunk forwards keeping the chest lifted
- As you ease forwards you will feel a stretch behind the thigh
- Hold the stretch position for 10 - 20 seconds, breath normally throughout
- Release the stretch slowly and repeat on the other leg

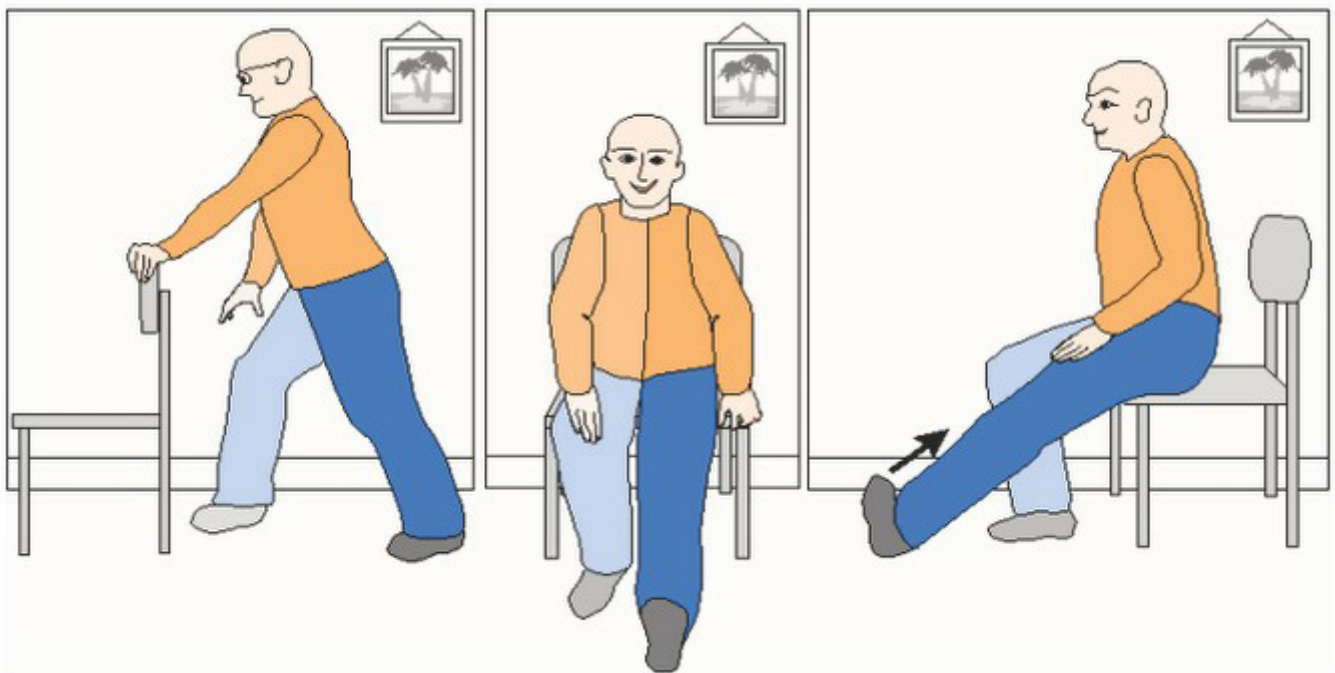


Specific Notes For \_\_\_\_\_ Written by \_\_\_\_\_

## Calf Stretch

### To Improve walking and balance

- In seated or standing upright position
- Stand behind the chair holding on for a little support if needed
- Step back with one leg and press the heel down to the floor, if seated, try to ease the toes back towards the shin
- Feel the stretch in the back of your leg
- Hold for 10 - 20 seconds
- Breathe normally



Specific Notes For \_\_\_\_\_ Written by \_\_\_\_\_

# Disclaimer

You take responsibility for your own exercise programme. The authors and advisers of the exercises in this programme accept no liability. All content is provided for general information only, and should not be treated as a substitute for the medical advice of your own GP or any other health care professional. Health care professionals using these exercises do so at their own risk.

Whilst these exercises have been used in research trials and many thousands of older people do similar exercises from other home exercise booklets, the authors do not know you, your medical conditions or physical fitness and cannot give advice tailored to you, your medical condition or physical function. The authors cannot guarantee the safety or effectiveness of this program of exercises for you. Any noticeable changes in health, pain, mobility or falls should prompt a visit to your GP.

This booklet should not be treated as a substitute for medical advice of your doctor.

## Copyright:

If distributed as printed material, no charge must be made for this reproduction or provision without the permission of Later Life Training. Part content (graphics or text) must not be used, or reproduced in any other form without permission, in writing, from Later Life Training.

**This booklet may be printed or photocopied in its entirety without charge.**



Exercise For Stroke - Flexibility Stretches Booklet by Later Life Training is licensed under a Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International License.