

# STRENGTH EXERCISES

## To Improve strength and power

These exercises help improve muscle condition and you may 'feel' the muscles the next day

They also help improve balance

There are 4 exercises in total

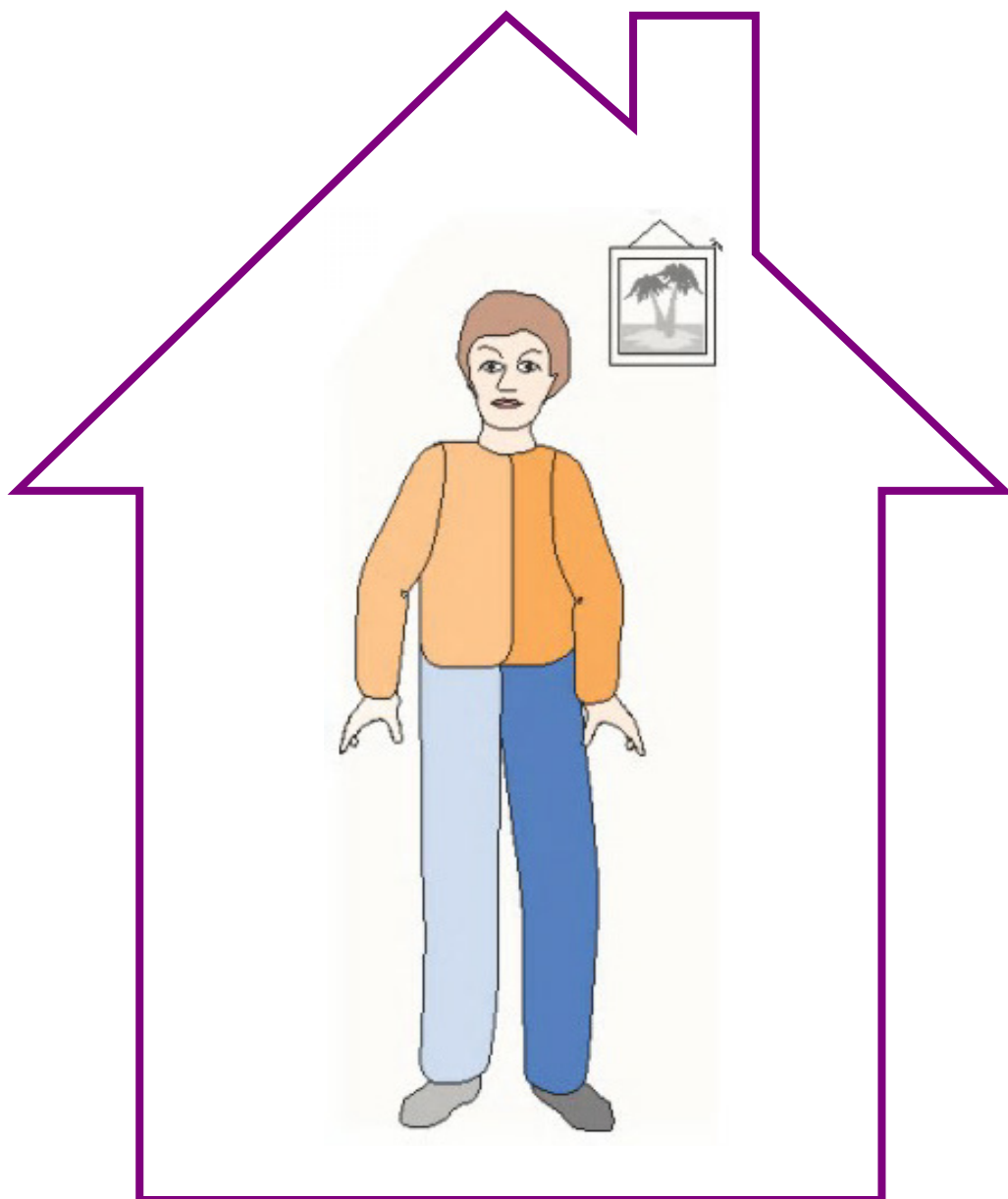
Pole Lift

Sit to Stand

Back Arm Strength

Upper Back Strength

You may not have all 4 exercises in your programme



## Pole Lift

### To Improve Coordination, Balance and Strength

These exercises may need adapting by your specialist EfS instructor

- Hold the pole with both hands if possible, your EfS instructor will adapt the grasp to suit you
- Stand in front of a chair (use it as a target)
- Bend your knees and reach the pole towards the chair
- Return to upright standing, and now reach the pole forwards and upwards to shoulder height
- Try to keep weight equal across both feet, and body symmetrical
- Breath normally
- Start with 2 - 3 times, progressing to 8
- If you wear a splint, step this foot forwards, keep the heel down

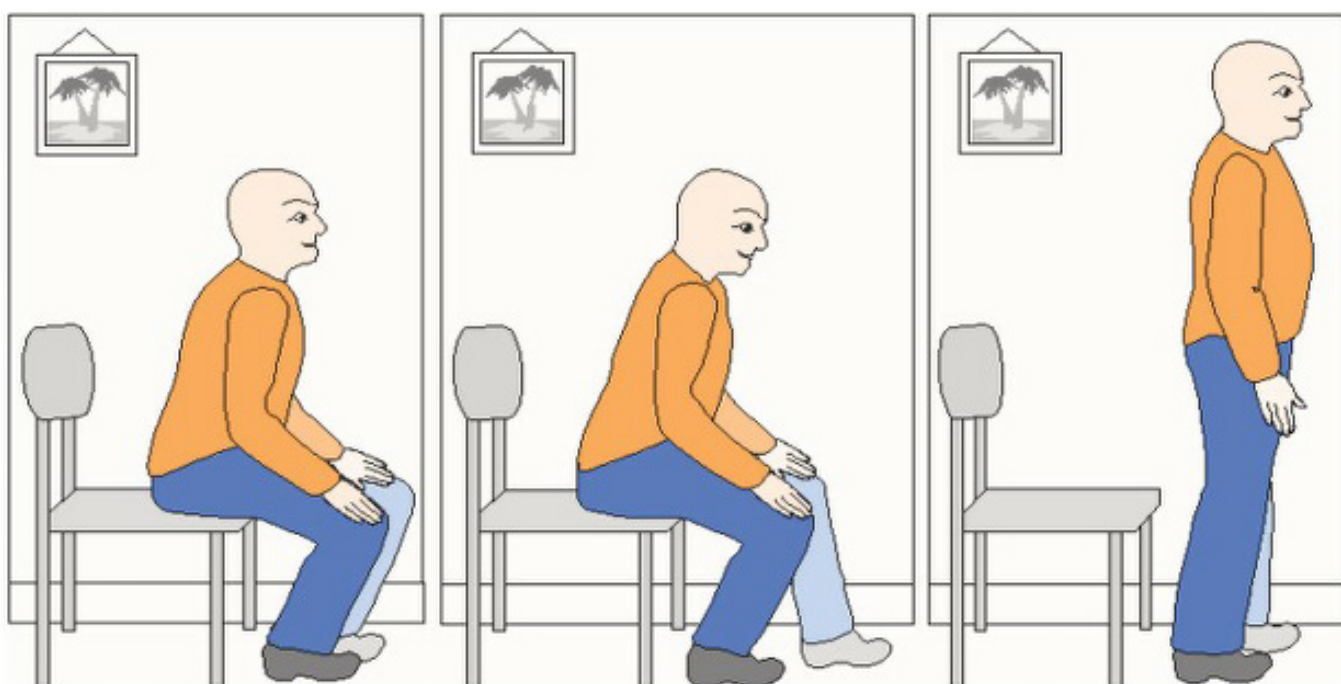


Specific Notes For \_\_\_\_\_ Written by \_\_\_\_\_

## Sit to Stand

### To Improve Leg Strength, Power and Balance

- Sit in the centre of the chair
- Place your feet slightly back, heels down
- Stand up with power
- Step back until your legs touch the chair then slowly lower your bottom back onto the chair with control
- Equal weight across both feet when standing
- Start with 2 -3 times, progressing to 8



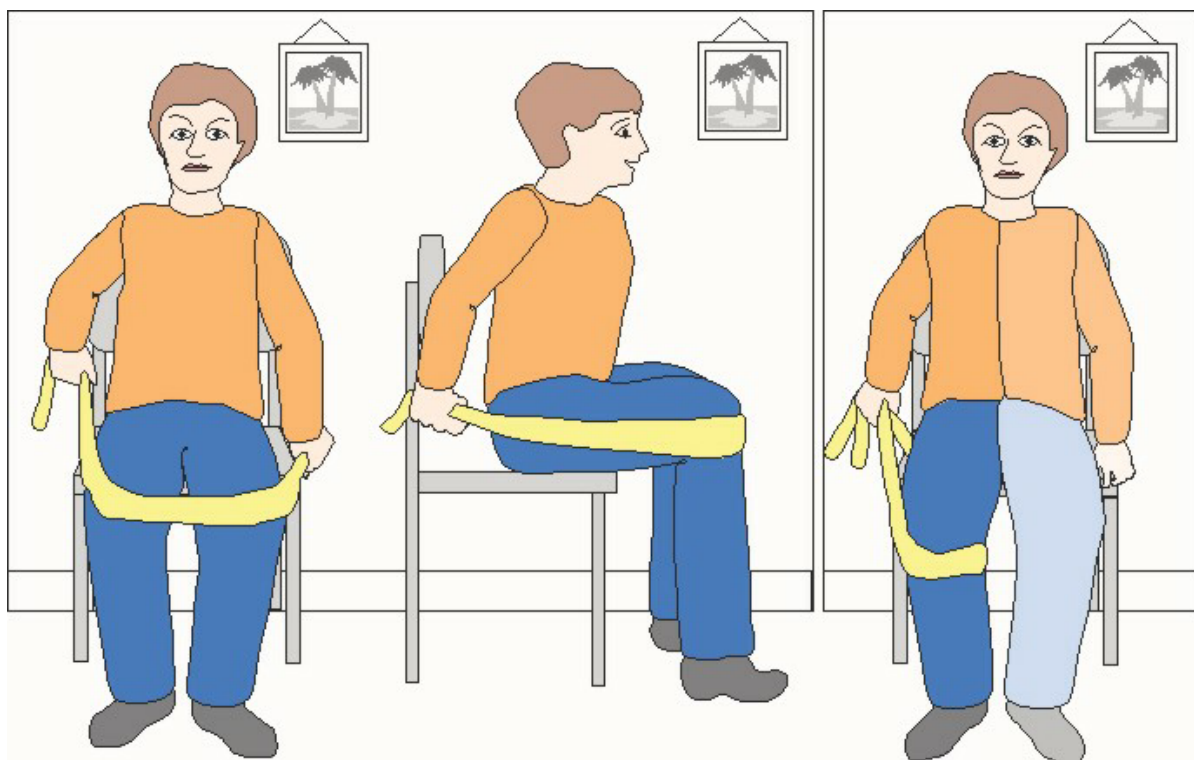
Specific Notes For \_\_\_\_\_ Written by \_\_\_\_\_

## Back Arm Strength

### To Improve Arm Strength, Power and Balance

This exercise may need adapting by your specialist EfS instructor

- Sit upright in the chair, with good posture
- Hold the band, pull backwards with control
- Take a 2 -3 second rest after each repetition
- Start with 2 - 3 and progress to 8 times
- Rest 2 - 3 seconds in between each repetition
- Breathe normally

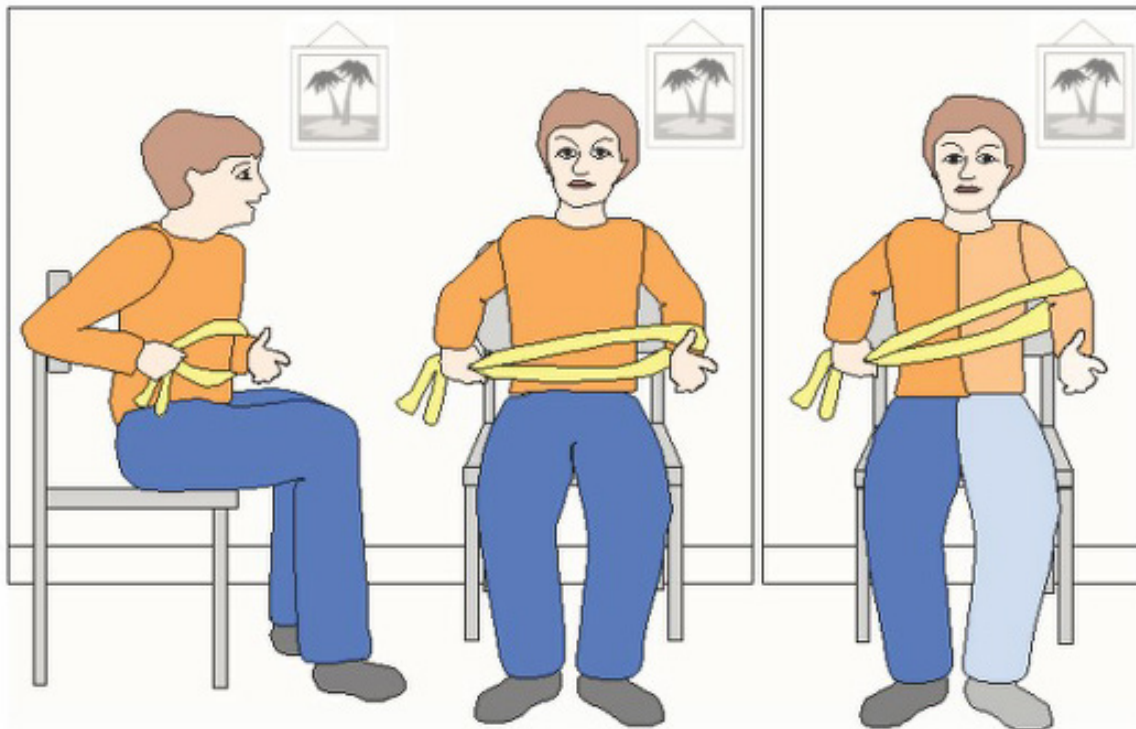


Specific Notes For \_\_\_\_\_ Written by \_\_\_\_\_

## Upper Back Strengtheners

### To Improve Strength Around Shoulders and Upper Back

- Hold the band - your EfS instructor will show you how
- Pull the band outwards and back, bringing the band towards your tummy
- Open the chest and bring shoulder blades together
- Breathe normally
- Rest 2 - 3 seconds after each repetition
- Start with 2 - 3, progress to 8



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.

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