

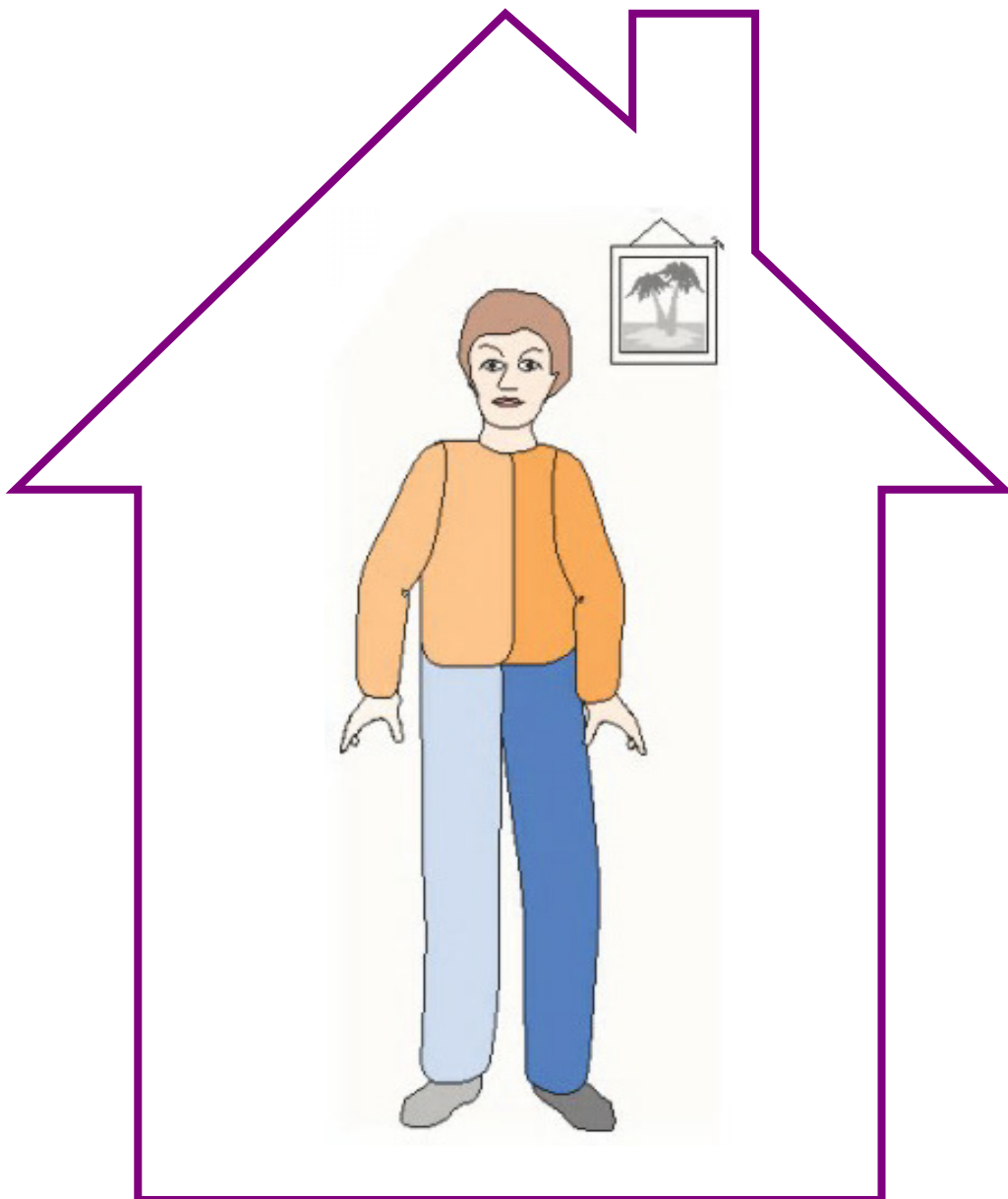
# WARM UP EXERCISES

## To Improve Movement and Prepare for the Exercises

There are 6 exercises in total

Marching  
Shoulder Rolls  
Side Bends  
Trunk Twists  
Ankle Mobility  
Side Stepping

You may not have all 6 exercises in your programme



## Marching

### To Improve Circulation

- In seated or standing with upright posture
- Begin marching your legs
- Continue marching for 10 seconds progressing to 30 seconds when you feel able
- Add an arm swing with one or both arms
- Breath normally throughout
- Try to lift knees evenly with control

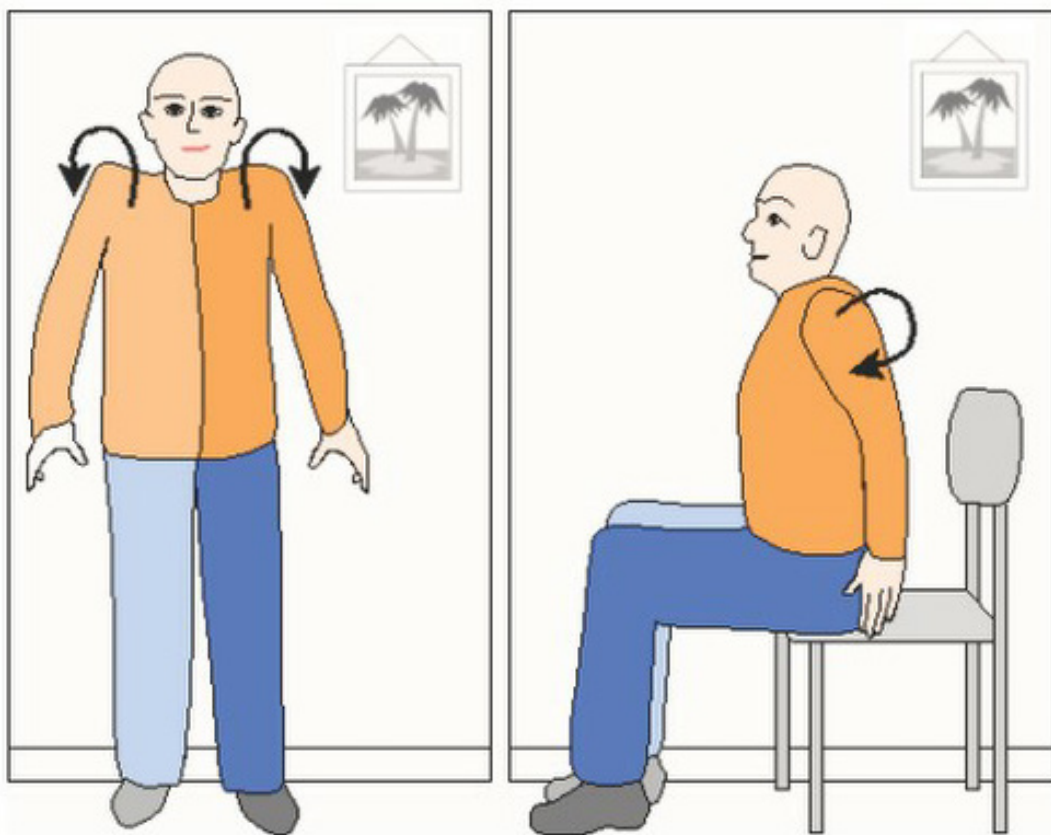


Specific Notes For \_\_\_\_\_ Written by \_\_\_\_\_

## Shoulder Rolls

### To Improve Arm Movements and Posture

- In seated or standing with upright posture
- Lift the shoulders
- Open your chest (Stick it out!)
- Think about moving both shoulders at the same time
- Squeeze your shoulder blades together
- Repeat 4 times with control/slowly
- Breathe normally
- Keep the head still

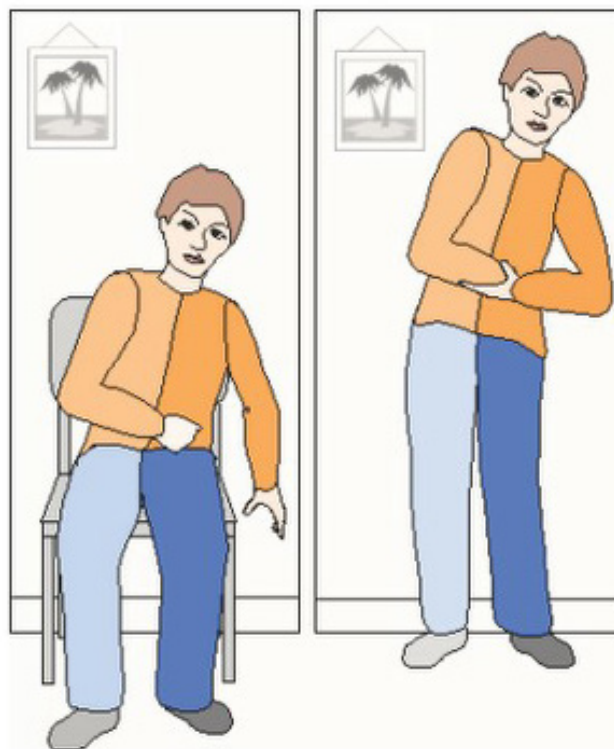


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## Side Bends Left & Right

### To Improve Movement and Balance

- In seated or standing with upright posture
- Stand with your feet shoulder width apart
- Weight even through both feet, heels down
- Knees bent slightly
- Bend to the side with control, stand upright, pause, and bend to the other side
- Repeat 4 times on each side alternating left and right, 8 in total
- Hips and legs remain still
- Use light support of a chair for confidence if needed
- If performed in seated, keep your buttocks in contact with the chair as you bend

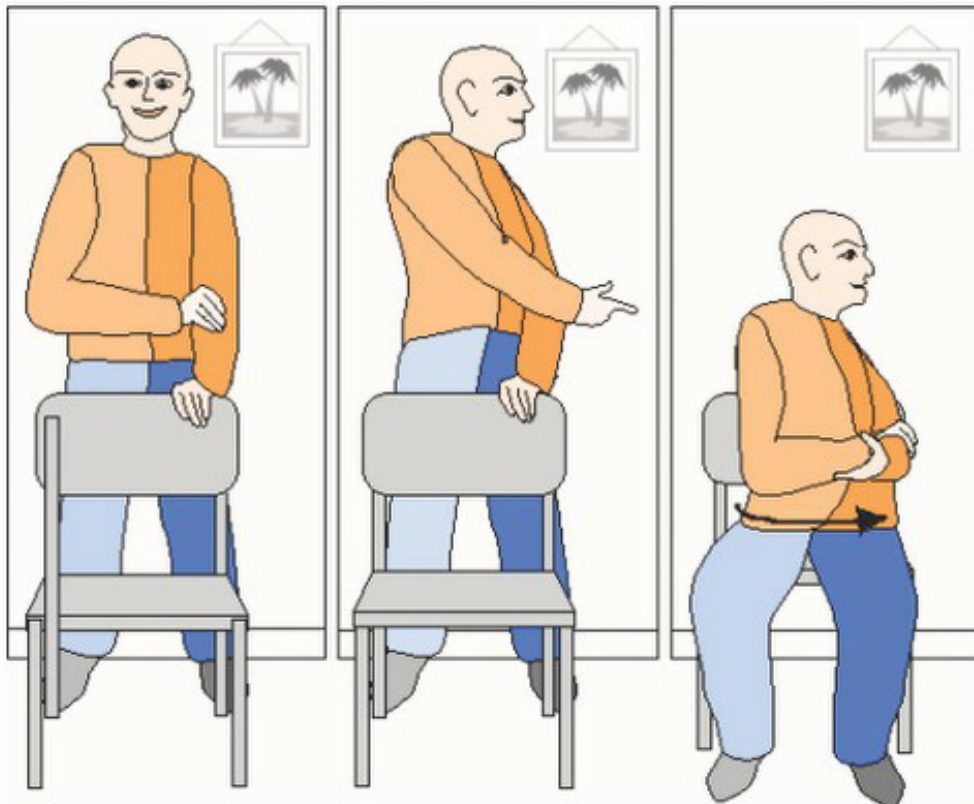


**Specific Notes For** \_\_\_\_\_ **Written by** \_\_\_\_\_

## Trunk Twists Left & Right

### To Improve Upper Body Movement

- In seated or standing
- Use light support of a chair for confidence if needed
- Twist the upper body to the side
- Only turn the upper body (not the hips)
- Return to the start position and repeat to the other side
- Repeat 4 times on each side alternating left and right, 8 in total

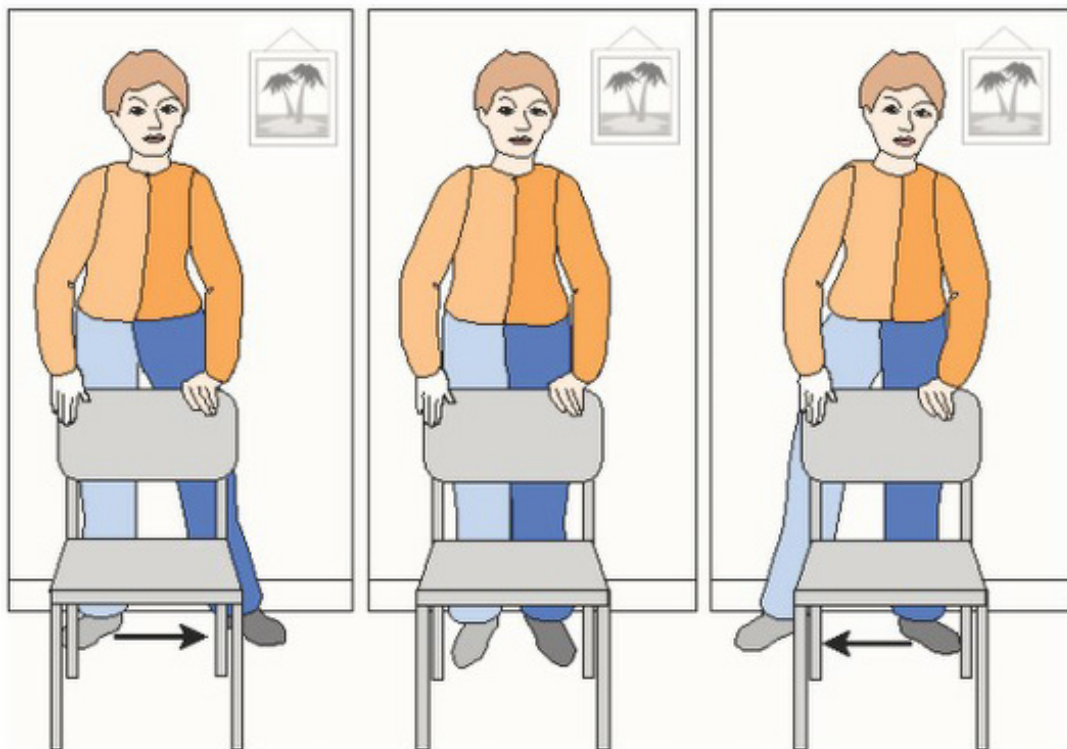


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## Side Stepping

### To Improve Balance and Walking

- In seated or standing with upright posture
- Take a sideways step (both feet move to the side as if stepping over and object)
- Pause to get your balance, and step sideways to start position
- Take a sideways step in the other direction
- Repeat 4 times alternating left and right
- Think about lifting the knee higher and stepping with control

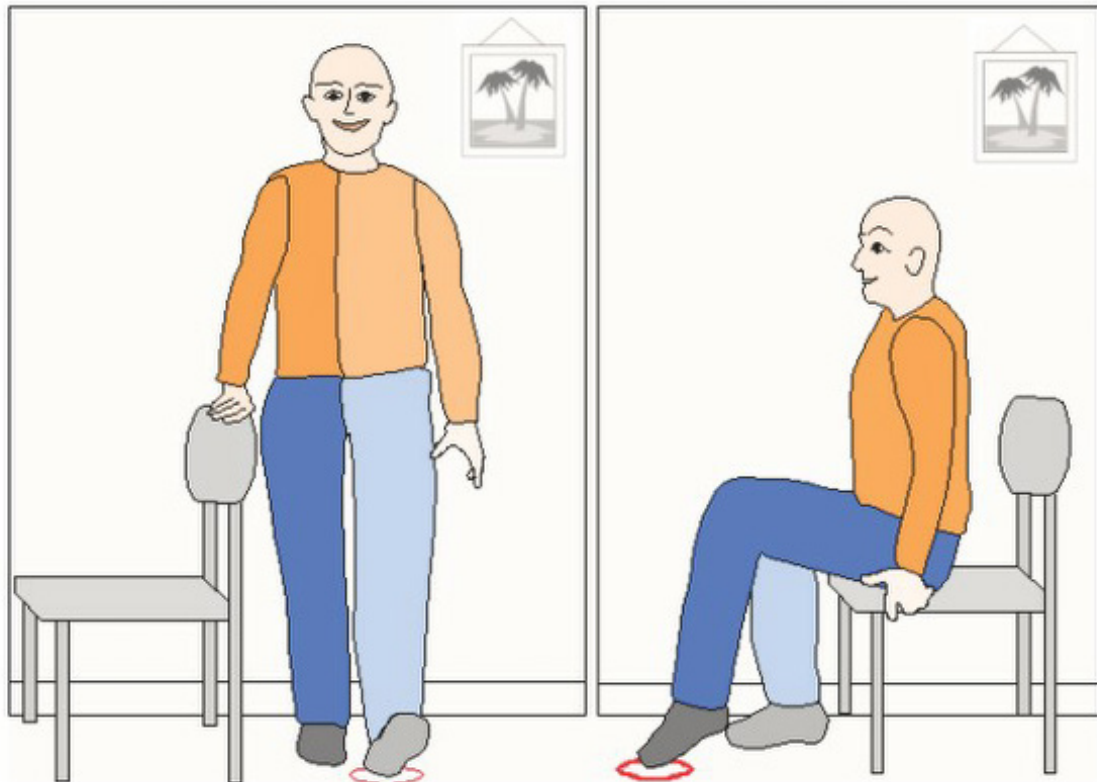


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## Ankle Mobility

### To Improve Walking and Balance

- In seated or standing with upright posture
- Place the heel of one foot on the floor, lift the knee and point the toe to the same spot
- Repeat 4 times on each leg
- Look at your foot moving, try to increase movement in your ankle



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.

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