

GROUP EXERCISES FOR ELDERLS

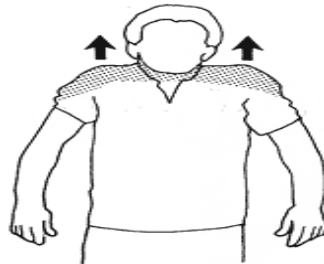
UPPER EXTRIMITY

1. Shoulder Shrugs

Person Position: Supported Sitting on the chair.

Action: Ask the person to lift both the shoulders Up-Down.

Repetitons:10

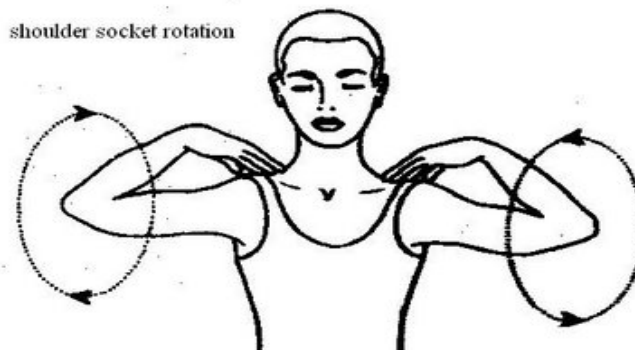


2. Shoulder Rotation

Person position: Supported Sitting on the chair with Elbow bend ,Fingers on shoulder tip.

Action: Rotate the shoulders clockwise and anticlockwise.

Repetitons:10

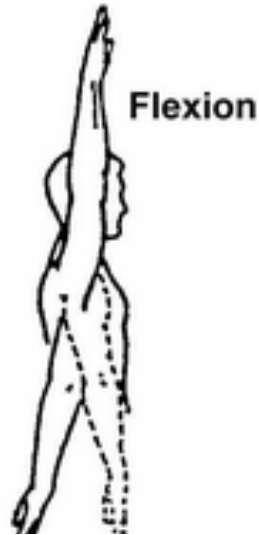


3. Shoulder Flexion-Extension

Person position: Supported sitting on the chair,both the elbows straight.

Action: Move your arm up and down.

Repetitons:: 10

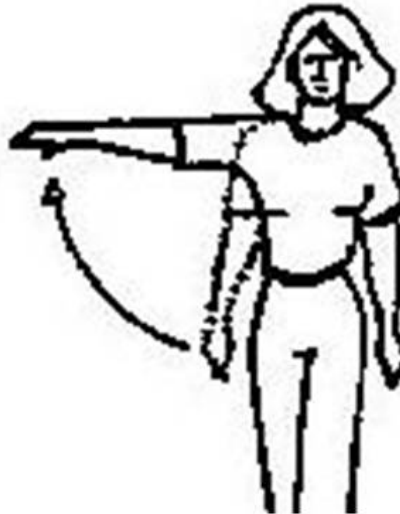


4. Shoulder Aduction-adduction

Person position: Supported sitting on the chair with the arm straight.

Action: Move arm away from the body and bring back close to body.

Repetitions: 10



5. Elbow Flexion-Extension

Person position: Supported sitting on the chair.

Action: Bend and extend the elbow.

Repetitions: 10

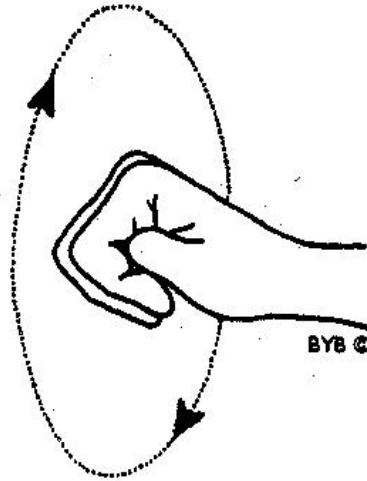
6. Wrist Rotation

Person position: Supported sitting on the chair.

Action: Move wrist clockwise and anti clockwise.

Repetitions: 10

wrist joint rotation

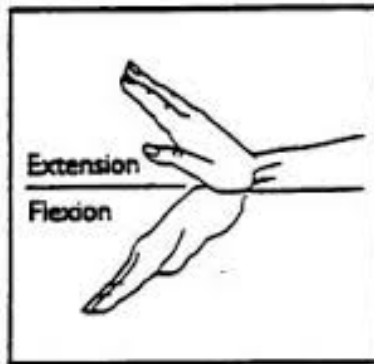


7. Wrist Flexion-Extension

Person position: Supported sitting on the chair.

Action: Move wrist up-down.

Repetitions: 10

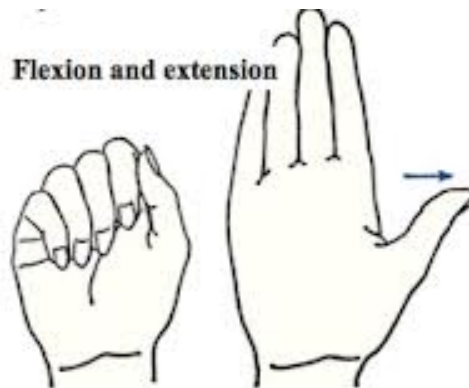


8. Finger Flexion-extension

Person position: Supported sitting on the chair.

Action: Close and open the fingers.

Repetitions: 10



TRUNK EXERCISE

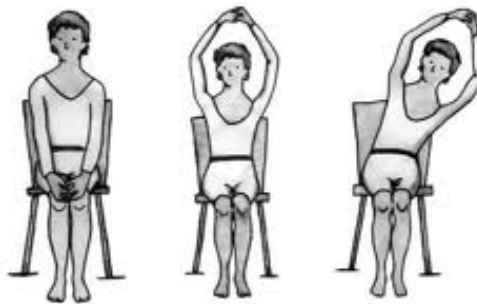
All the exercise should be done under close supervision. If person cannot attain the balance in standing position these exercises can be done in supported sitting position.

1. Side Flexion

Person position: Standing with wide base of support/sitting.

Action: Both the hands on the sides of pelvis. Bend on right and left.

Repetition: 10

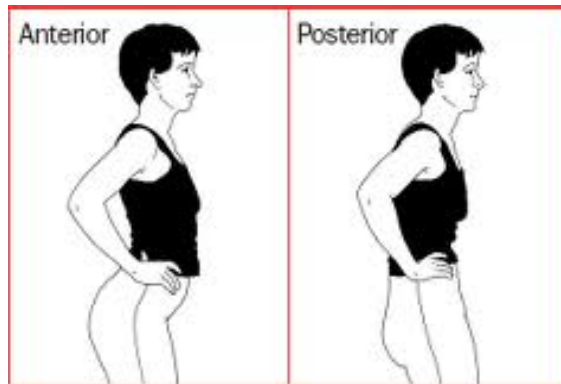


2. Pelvic Rotation

Person position: Standing with wide base of support with both the hands on the sides of pelvis.

Action: Rotate the pelvis clockwise and anticlockwise.

Rotation:- 10



LOWER EXERCISE

1. Hip Flexion

Person position: Supported sitting on chair the with back of knee supported on the chair with knee flexed at 90 degrees.

Action: Move thigh up-down.

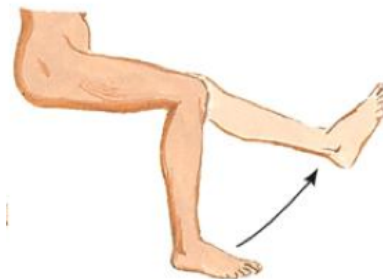
Repetaions: 10

2. Knee Extension

Person Position: Supported sitting on the chair.

Action: Extend the knee.

Repetaions: 10



3. Ankle Dorsiflexion - Plantarflexion

Person position :- Sitting on chair.

Action:- move ankle up-down.

Repetaions:- 10

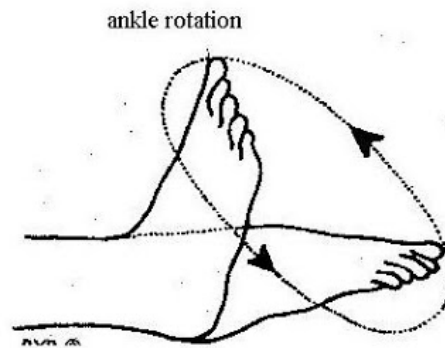


4. Ankle Rotation

Person Position: Supported sitting on the chair.

Action: Move ankle clockwise-anticlockwise.

Repetitions: 10

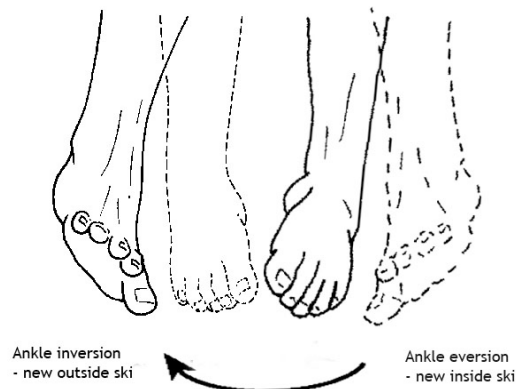


5. Ankle Inversion - Eversion

Person Position: Supported sitting on the chair.

Action: Move ankle in-out.

Repetitions: 10



COORDINATION EXERCISES:-

1. Finger tip to nose tip:-

Person Position: Supported sitting on the chair.

Action: touch tip of finger than tip of nose.repeat with both the hands.

Repetitions: 10.

2. Marching:-

Person Position: Supported sitting on the chair.

Action: Move both the thighs up-down.

Repetitions: 10.

3. Passing the ball



4. Clapping

