

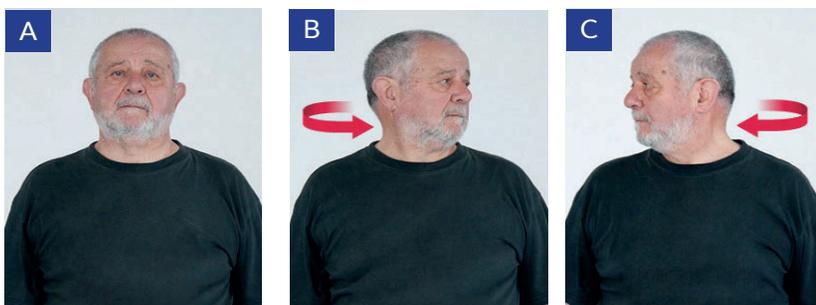
# STAY AT HOME EXERCISES

The following simple exercises are recommended by the NHS. They are designed to improve your flexibility, strength and balance. They can be easily done in the comfort of your own home. All you will need is loose comfortable clothing, a stable chair and water to keep you hydrated. Please exercise at a safe and comfortable level for you, never push into pain, and if in doubt or new to exercise, please do check with your GP first. If required, you can download pdf files at [www.nhs.uk](http://www.nhs.uk) - search for Exercises for Older People.

## FLEXIBILITY EXERCISES

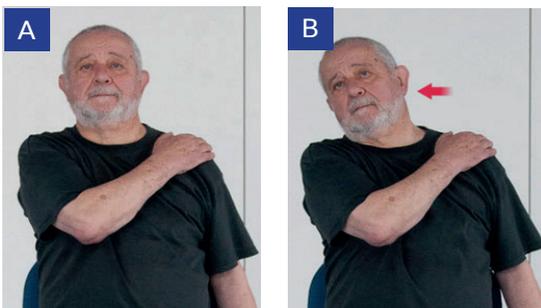
Flexibility exercises, also known as stretching, are a great way to get the body's joints and muscles ready for the day. It is recommended performing these exercises every morning to get the body moving.

### Neck Rotation



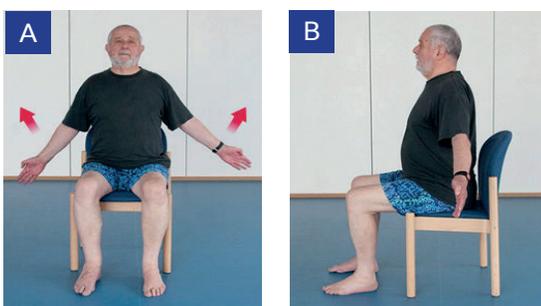
A) Sitting up tall, head up, chin tucked in, shoulders back and down. B) Slowly turn and look to your right, hold for 5 seconds, then return to the start position. C) Rest for a few seconds and then repeat on the left side. Repeat 3 times left and right.

### Neck Stretch



A) Sit up tall, look straight ahead. Hold your left shoulder down with your right hand. B) Slowly tilt your ear towards your right shoulder and hold for 5 seconds. Rest for a few seconds and then repeat on the opposite side. Repeat 3 times left and right. After doing these 2 stretches, try slowly and gently circling the head clockwise then anticlockwise, 2-3 times.

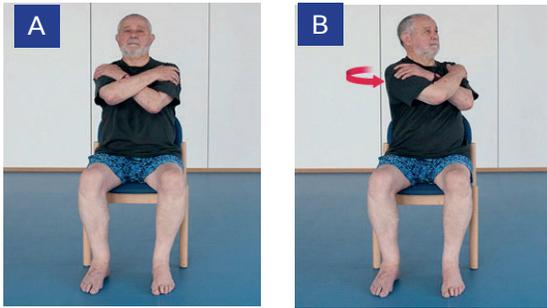
### Chest Stretch



A) Sit up tall with your back away from the chair, pull your shoulders back and down whilst extending the arms out to the sides.

B) Gently push your chest forwards and upwards, to feel the stretch. Hold for 5 seconds. Rest and then repeat up to 5 times.

## Upper Back Rota-



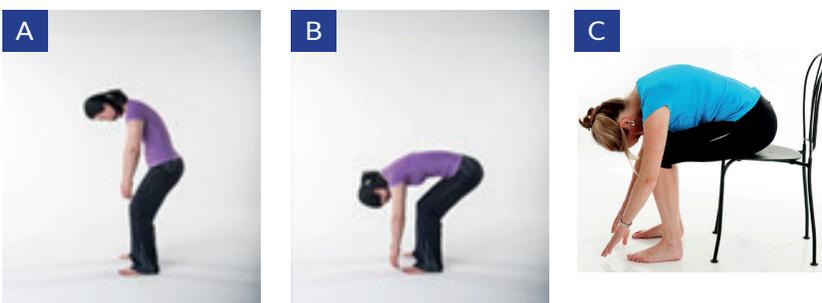
A) Sit up tall with your feet flat to the floor, cross your arm, hands on shoulders.  
B) Turn your upper body to the left, feel the stretch and hold for 5 seconds.  
Repeat on the right side. Rest and then repeat up to 5 times each side.

## Side Bend



A) Stand up tall, feet hip distance apart, arms by your sides. B) Slide your left arm down your left side as far as you are comfortably able. You should feel a stretch on your right side. Hold for 5 seconds. Repeat on the right side. Rest and then repeat up to 5 times each side.

## Roll Down



This exercise can be done from sitting or standing. A) Sit or stand tall to begin, B) & C) Then slowly and gently roll down forwards to try to touch your toes. Hold for 5 seconds, and then slowly return to the start position.

These exercises have kindly been contributed by Sarah Parr, Extended Scope Practitioner and Chartered Physiotherapist working with West Hertfordshire NHS Trust.