

### Stretches:

We are going to work from the top of our bodies down. Stretches will last for about 8 sec. Instructor will count out loud to help participants know how long to stretch.

#### **First: the don'ts**

1) Never ask a participant to look up to stretch their neck. This can cause spinal issues. All exercises are done while seated.  
2) Never push a participant to go beyond their own physical comfort level. Remind everyone to take it easy and make sure they are comfortable. Remind the residents that if they are unable to perform a stretch to just listen to the music and relax until the next stretch.

### Neck:

Sitting up as straight as possible:

- look right and hold for 8 sec. Then, come back to center and hold for 8 sec.
- look left and hold for 8 sec. Then, come back to center and hold for 8 sec.
- look slightly down and hold for 8 sec.

### Shoulders:

• Lift shoulders...roll shoulders back, then push down...then hold. Repeat about 10 times.

- Leave shoulders down and put your arms at your side. Open hands, then close hands into a fist, repeat about 10 times.
- Sitting up straight, move hands back behind your chair to stretch chest. Your head is to remain level during this stretch the entire time.

In each exercise, remind the participants to relax...take slow breaths in and out...you can practice deep breathing between each stretch as well.

### Upper Back and Arms:

Sitting up straight in the chair...

- Raise one arm to shoulder level and reach across body and hold the opposite shoulder...you can use your other arm to support and stretch. Be sure the participants are not forcing their arms to stretch too far to avoid any physical damage. Hold for 10 sec. Change arm and then repeat.
- Hands at the side: rotate wrists...this adds to your flexibility...continue for about 20 sec.
- Touch thumb to each finger purposefully...repeat several times...continue for about 20 sec.

### Lower body:

- Start with your right foot on the floor...flex the toes on your right foot and hold...then crunch your toes back the other direction. Repeat this 10 times, then switch to the left foot and repeat 10 times. Then do both feet at the same time.
- Put your heels on the floor and rotate your ankles in a circle. Then switch directions and rotate the other way.

- Place feet on the floor and with hands on your knees to support back, you can slowly lean forward to stretch your hamstrings...make sure to support the lower back. Make sure you keep your back straight...hold for a 10 sec. and repeat 3 times.