

Reablement Team

Chair stretches

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St Helens Reablement Team

Name:	
DOB:	
Therapist:	
Date compiled:	

Chair stretches

Goal:	
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Exercise	Picture
<p><u>Chest Stretch</u></p> <p>This stretch is good for posture.</p> <ol style="list-style-type: none"> 1. Sit upright and away from the back of the chair. Pull your shoulders back and down. Extend your arms out to the side. 2. Gently push your chest forward and up until you feel a stretch across your chest. <p>Hold for 5 to 10 seconds</p> <p>Repetitions:</p>	
<p><u>Upper body Twist</u></p> <p>This stretch will develop and maintain flexibility in the upper back.</p> <ol style="list-style-type: none"> 1. Sit upright with your feet flat on the floor, cross your arms and reach for your shoulders. 2. Without moving your hips, turn your upper body to the left as far as is comfortable. Hold for 5 seconds. 3. Repeat on the right side. <p>Repetitions:</p>	



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Ankle stretch

This stretch will improve ankle flexibility and lower the risk of developing a blood clot.

1. Sit upright and straighten your left leg with your foot off the floor
2. With your leg straight and raised, point your toes away from you, hold for 5-10 seconds
3. Then point your toes back towards you, hold for 5-10 seconds
4. Repeat exercise with right leg

Repetitions:



Arm Raises

This exercise builds shoulder strength.

1. Sit upright with your arms by your sides.
2. With palms facing down, raise both arms out and to the side, and up as far as is comfortable.
3. Return to the starting position.

Keep your shoulders relaxed and arms straight throughout. Breathe out as you raise your arms and breathe in as you lower them.

Repetitions:



Neck Rotation

This stretch is good for improving neck mobility and flexibility.

1. Sit upright with your shoulders down. Look straight ahead.
2. Slowly turn your head towards your left shoulder as far as is comfortable. Hold for 5 seconds and return to the starting position.
3. Repeat on the right.

Repetitions:





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Shoulder Rolls

This stretch is good for shoulder movement and strength

1. Sit upright in chair.
2. Shrug your shoulders upwards and then roll them backwards
3. Return to the starting position.

Repetitions:



Reaching to floor

This stretch is good for improving flexibility of lower back and hamstrings (muscles at the back of your thigh)

1. Start in upright position
2. Slowly reach forward and down towards your toes
3. Only reach as far as you are able
4. Return to the starting position

Repetitions:



Neck stretches

This stretch is good for improving neck mobility and flexibility.

1. Start sat in an upright position
2. Tilt your head towards the left. You should be able to feel a stretch at the side of your neck. Hold for 10-20 seconds
3. Return to starting position and do the same on the right side.

Repetitions:



Precautionary Notes