



# SENIOR SEATED STRETCHING

## Exercises

Stretching is so tremendously important for seniors. There are so many benefits to keeping the body flexible and relaxed. Stretching can be done in a variety of ways, each equally beneficial.

For some seniors stretching on the floor is just not practical, so we want to should you a few different stretching exercises that you can do while seated. Being active and stretching are recommended by the National Council on Aging.



## How Often Should a Senior Stretch?

If over the age of 65, stretching should be done anywhere from 2-5 times per week, for best results, it should be done every day. Set about 10-15 minutes aside per day to perform the stretches, have patience and take deep breaths during stretching to relax both the body and mind.

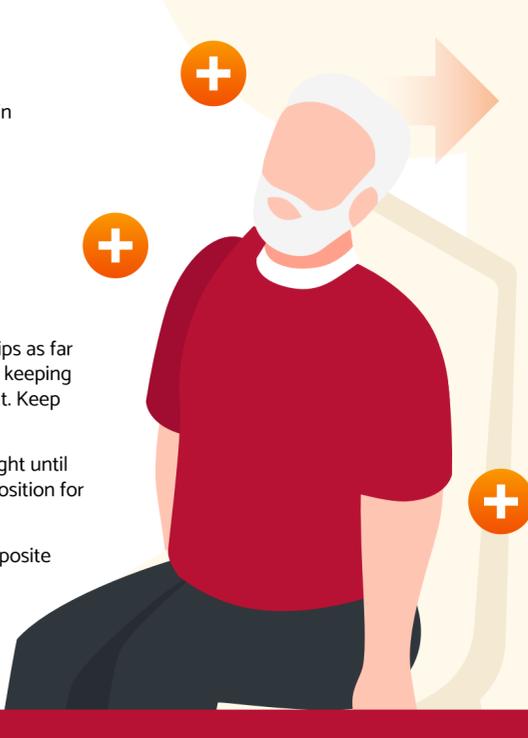
## SEATED STRETCHING

### Neck Turns

Not getting proper sleep because of pain in their neck, or can't rotate your head easily then stretching it might improve the discomfort.

#### Steps:

- 1 Sit comfortably in the chair with the hips as far back as possible. Secure your core by keeping the back upright and the spine straight. Keep both feet flat on the floor.
- 2 Rotate the head to either the left or right until feeling a gentle stretch. Keep in this position for 20-30 seconds.
- 3 After the time passes, rotate in the opposite direction.
- 4 Repeat in both directions 3-5 times.



### Seated Backbend

Feeling pain or tightness in their lower back, neck, or chest, this stretch covers it all.

#### Steps:

- 1 Sit comfortably at the edge of the chair. Secure your core by keeping the back upright and the spine straight. Keep both feet flat on the floor.
- 2 Place both hands on your hips.
- 3 Slowly arch the back inward, with the stomach pushing outward, then lean backward using only the upper body.
- 4 Extend the back in this pose until a comfortable stretch is obtained.
- 5 Keep in this position for 10-20 seconds, then release and return to the starting position.
- 6 Repeat pattern 3-5 times.



### Seated Overhead Stretch

#### Steps:

- 1 Sit comfortably at the edge of the chair. Secure your core by keeping the back upright and the spine straight. Keep both feet flat on the floor. Keep the hips and lower body in this stable position.
- 2 Place both hands on the hips.
- 3 Slowly, raise both hands from the hips over the head, interlocking both hands at the top.
- 4 Gently arch the back inward, pushing the stomach out - causing a stretching in the abdomen.
- 5 Hold this position for 10-20 seconds then release to starting position.
- 6 Repeat 3-5 times.



### Seated Side Stretch

#### Steps:

- 1 Sit comfortably at the edge of the chair. Secure your core by keeping the back upright and the spine straight. Keep both feet flat on the floor. Keep the hips and lower body in this stable position.
- 2 With the right hand, grip the right side of the seat to stabilize.
- 3 Extend the left hand above the head making a similar shape to that of a spoon or a lengthened "C".
- 4 Simultaneously, slowly shift the upper torso to the right side without collapsing the abdomen.
- 5 Hold the position for 10-20 seconds then shift sides.
- 6 Repeat 3-5 times, per side.



### Seated Hip Stretch

With pain in the hip general area, you might find this to be a helpful hip stretch.

#### Steps:

- 1 Sit comfortably in the chair. Secure your core by keeping the back upright and the spine straight. Keep both feet flat on the floor.
- 2 Cross one leg on top of the other creating a triangle between the legs. Ensure that the crossed leg's ankle is past the other leg.
- 3 Slowly bend the upper body forward, keeping the spine straight and your core tight. Stop when feeling resistance in either the glutes or hips.
- 4 Hold this position for 10-20 seconds then shift sides.
- 5 Repeat 3-5 times, per leg.



Here at Loving Assisted Living, we always try to provide all seniors with the most helpful tips for lifestyle, health, or just overall well-being.

We know that stretching is very important for all seniors, it will help them t have a more comfortable and more active life. Movement is very important for all seniors, and we try to proved you with the best information possible.

If you or a loved one is interested in finding an assisted living home we are here to help you with that search, we have a large network of referral partners, to get the best senior community.

