

Falls: Chair Exercises

Exercises can be performed as part of an activity program or restorative nursing program. Exclude exercises that are too difficult for most members of the group. The exercises should be reviewed and approved for your facility by the occupational therapist and/or the physical therapist. The attending physician also needs to approve the program for each resident.

Encourage each resident to do as much as he/she is able. The purpose of the exercise is to maintain or improve range of motion. This helps reduce the use of restraints. Some of the movements will not be possible for all participants. The resident should not do exercises that cause pain. Consider using this program in addition to the walk and dine program.

Do not do every exercise at each session. Choose 8-10 exercises and change periodically so the sessions do not become boring. Choose cheerful music with good, brisk rhythm. Change the music regularly.

Routine 1

- Tap toes
- Tap heels
- Rock feet back and forth
- Alternate raising legs
- Raise arms one at a time and then together
- Fold arms and rock them side to side
- Fold arms and lift them up from the elbows
- Twist from side to side at the waist
- Touch hands to shoulders
- Criss-cross arms at the shoulder (windshield wipers)
- Fold arms and rotate them forward in circles
- Nod head gently—do not overextend the neck
- Open and close hands
- Shake out arms
- Look to the left; then to the right
- Circle head to right; then to the left

Routine 2

- Take two deep breaths
- Stretch and yawn
- Hold hands and extend arms in front; then raise one shoulder one at a time, two times each
- Shake out shoulders
- Extend legs--point and flex toes
- Extend legs--circle feet right and left at the ankles
- Extend legs--with knees straight, circle legs
- Place feet on the floor and move them in circles
- Walk in place, lifting feet high

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