



## Notes

*The purpose of this patient education handout is to further explain or remind you about a medical condition. This handout is a general guide only. If you have specific questions, be sure to discuss them with your health care provider.*

## Patient Handout: Strengthening for Older Adults

Older adults will make up 20 percent of the population by the year 2035. Nearly 80 percent of this population is affected by at least one chronic disease, including arthritis, hypertension or osteoporosis. While the aging process is typically associated with losses in strength, flexibility, balance and bone density, inactivity is usually a factor of age-related diseases.

Perform the following exercises slowly and remember to breathe during each repetition.

For more information, go to <http://www.thera-bandacademy.com/>

### LOWER BODY EXERCISES

#### Chair Squats

Hold band at waist. Keep elbows straight. Slowly lower to chair by bending knees and hips. Keep back straight. Hold and slowly return to standing.



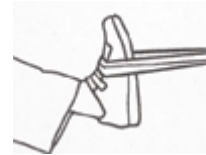
#### Calf Raises

Hold band at waist. Keep elbows straight. Go up onto your toes. Hold and slowly return.



#### Ankle Dorsiflexion

Pull toes back toward head against band. Hold and slowly return.



#### Knee Flexion

Bend knee and pull leg back toward chair. Hold and slowly return.



#### Knee Extension

Extend knee and point foot toward ceiling. Hold and slowly return.



#### Hip Flexion

Lift hip upward toward ceiling. Hold and slowly return.



#### 4-Direction Kick

Perform kicks in four directions against the band. Hold and slowly return. Repeat on other leg. Use chair for support if needed.

