

Full Body Stretch Routine for Fragile Older Adults



A Series of Stretches for Older Adults with Limited Mobility

Full Body Stretch – Fragile

Second Home Fitness would like to thank our models:

Elaine and Brenda!

Also, special thanks to Abbotsford House of the Glebe Centre for providing the location for our photo shoot!

Please watch for our books: “Full Body Stretches for Agile Older Adults” and “Full Body Strengthening for Older Adults”

Created by Lisa Guadamuz of Second Home Fitness

Published on September 20, 2019

Full Body Stretch – Fragile

Introduction

The “Full Body Stretches for Fragile Older Adults” is a book that includes safe and effective stretches for the entire body for those who have limited mobility. The stretches in this routine can be accomplished in the order they are presented for a full body routine. Alternatively, any stretch can be used individually to address specific tightness or range of motion issues.

This specific series is for people who have restricted mobility due to pain or weakness in their joints or muscles. These stretches are also beneficial to those who have balance deficits as the exercises are completed with a chair or with a supportive object. For people with good balance, who can complete the stretches in both standing and laying positions; we have an alternate series of stretches in our “Full Body Stretches for Agile Older Adults” edition.

While completing the series of stretches it is good to keep in mind the goal of stretching: to reduce tension in muscles so that you may maintain or improve your range of motion. When moving into a stretch, the maximum intensity should be 6-7/10; it should feel like a reward; therapeutic not tortuous. Once you move into the stretch and have the appropriate tension then hold and wait. Wait for the stretch to affect the muscle, for the intensity of the stretch to reduce to a 2-3/10.

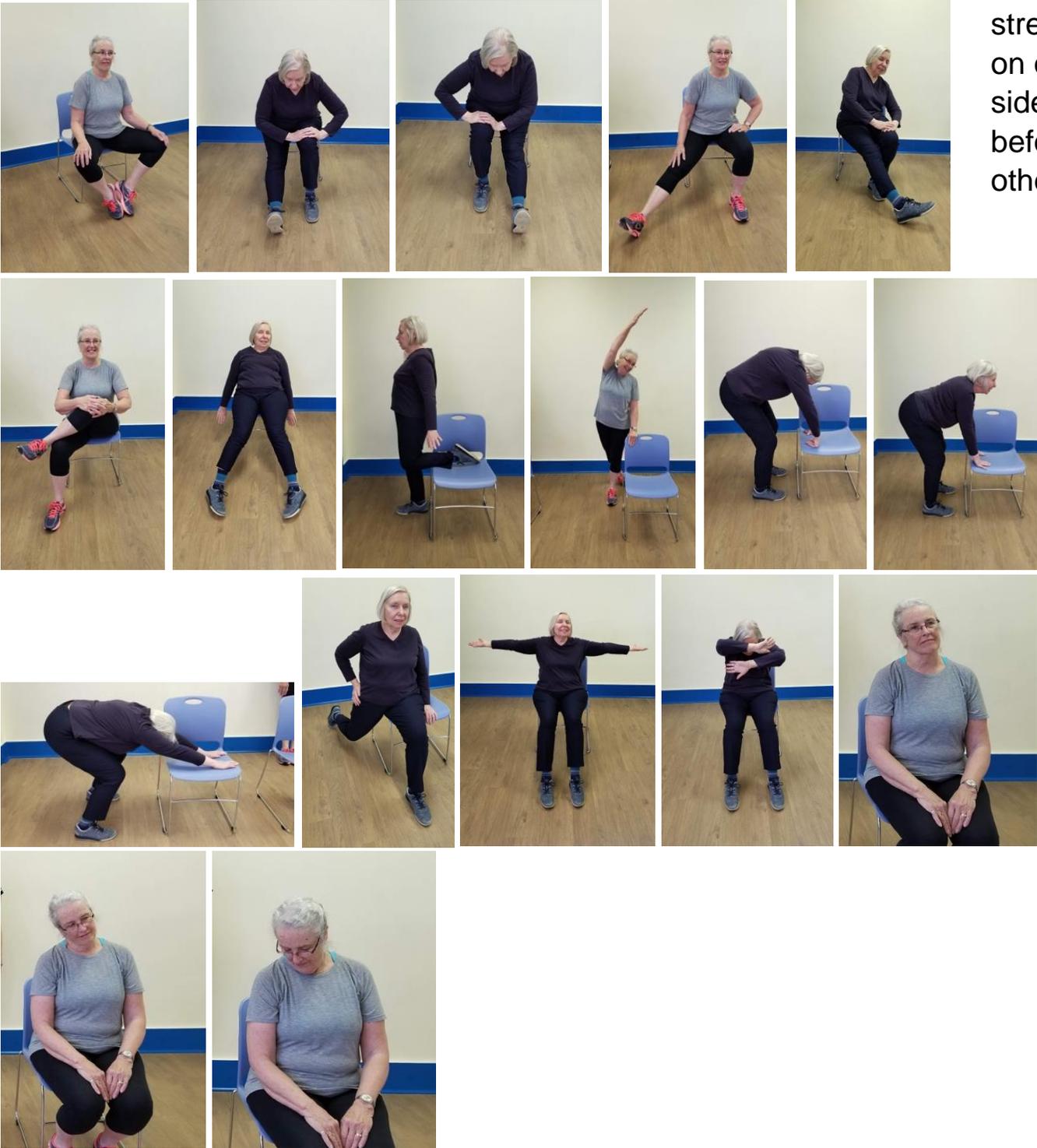
Safety Considerations

- Stretches should be completed in a pain free manner.
- If the muscles shake or hurt when stretched, there is too much tension; reduce the tension and allow the muscles to relax into the stretch.
- Stretches should be felt in muscles not the joints. If you feel a stretch in the joint, then you need to ease-off or try another stretch. For example, if you are stretching your Hip Flexors and Quadriceps and you feel it more in your knee than your muscles, you need to straighten the knee a bit or try another stretch.

Full Body Stretch – Fragile, Full Routine

Below, is the full routine & how to move from one stretch to the next with ease.

Complete the first 5 stretches on one side before the other side



Full Body Stretch Routine for Fragile Older Adults



“Learning Properly Today to Perform Effectively Tomorrow”