



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/>

UPPER BODY EXERCISES

Biceps Curls

Grasp band at waist-level. Bend elbows, bringing hands to shoulders. Keep back straight. Hold and slowly return.



Triceps Extension

Grasp band with elbows bent. Keep elbows at side. Straighten elbows, bringing hands to hips. Hold and slowly return.



Front Raise (flexion)

Grasp band at waist-level. Keep elbows straight and lift arms forward to shoulder level. Keep back straight. Hold and slowly return.



Lateral Raise (abduction)

Grasp band at waist-level. Keep elbows straight and lift arms outward to shoulder level. Hold and slowly return.



Lat Pull Down

Attach bands overhead and grasp band in front of you. Bend elbows, bringing hands to chest and moving elbows backward. Hold and slowly return.



Chest Press

Grasp band at shoulder level. Straighten elbows, pushing hands away from body. Hold and slowly return.



Seated Row

Grasp band at chest level. Bend elbows, bringing hands to chest and moving elbows backward. Hold and slowly return.

