



3 DIMENSIONAL
PHYSICAL THERAPY

Exercises for Seniors

Tricep Push Ups in Chair



Begin seated in an armed chair with your feet flat on the floor. Place both hands on the arms of the chair, and lift your bottom off of the chair by straightening your elbows. Slowly bend your elbows, lowering your bottom back to the chair. Repeat as directed. You can make this exercise easier or harder depending on how much weight you put through your legs.

Bicep Curl with Dumbbells



Position: Standing

Movement: Hold dumbbell in hands and bend your elbows to perform bicep curl. Return to starting position.

Bilateral Scaption to 90 with Dumbbell



Begin by standing with your back straight, arms at your sides, and a weight in both hands. Keeping your elbows straight, slowly lift your arms in a "V" shape. Only raise up to 90 degrees, so that your arms are at shoulder height. Slowly lower to starting position.

Wall Push Up



Stand about 2-3 feet away from a wall with your feet hips width apart. Lift your arms out straight at shoulder level and place them on the wall. Slowly lean your body in towards the wall, bending at your elbows. Next, push your body back by extending your elbows, until your elbows are straight.



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Single Leg Foot Cone Tapping



Place 3 cones, 1 to the left, right and straight in front of you 1 foot away. Standing on one foot, use the other foot to touch the top of the cone and return that foot to the floor. Repeat until you have touched the top of each cone.

Heel Raise



Begin by standing in front of a stable surface. Gently lift both heels of the ground and push up onto your toes keeping your knees straight. When fully lifted, slowly lower your heels back to the ground.

Tandem Stance with Chair Support



Starting Position: Standing while holding onto a chair for support, place one foot in front of the other so that the heel of one foot is up against the toes of the other.

Movement: Attempt to balance for as long as prescribed.

Tip: Use the chair for support as much as necessary, but as little as possible.



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Standing Hip Extension



Begin standing on flat ground. Place one hand on a railing or piece of stable furniture for stabilization. Lift the leg to be exercised backward while keeping the knee straight. Do not lean forward or arch your back. Slowly lower back to starting position.

Standing Hip Abduction (Right)



Begin standing on flat ground. Place one hand on a railing or piece of stable furniture for stabilization. Lift the leg to be exercised out to the side while keeping the knee straight and toes pointed forward. Be sure keep the trunk and pelvis pointed forward. Slowly lower back to starting position.

Sit to Stand



Position: Sitting

Movement: Begin in seated position. Slightly lean forward and push through your heels to stand up without using your hands, and then return to sitting.

Tips: Use your hands to push up if you need to for safety. Do not hold your breath

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