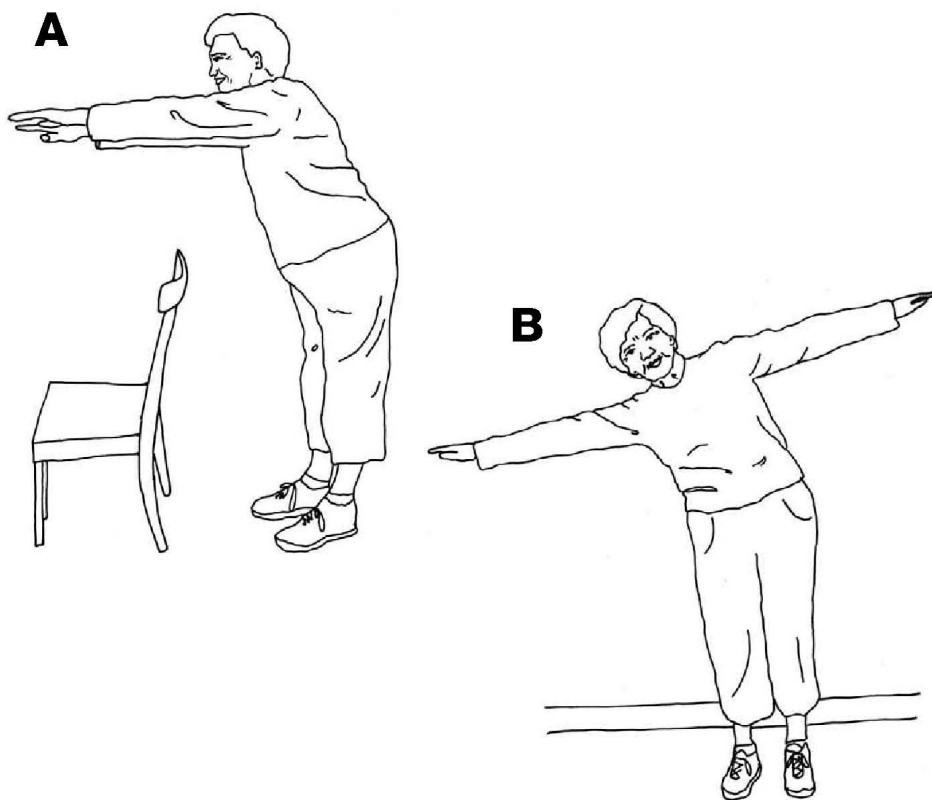


HOME STRETCH

AN IN-HOME PHYSICAL ACTIVITY PROGRAM
FOR OLDER ADULTS



Participant Guide

March 2010

Acknowledgments

Special thanks to Anne Shumway-Cook, PhD, PT, Ya-Mei Chen, PhD, RN, and Patti Noritake Matsuda, PT, DPT for their invaluable consultation and preparation on the HomeStretch Participant and Instructor Guides.

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Welcome to the HomeStretch Program!

HomeStretch is a home-based exercise program developed in partnership with Seattle-King County Aging and Disability Services and the University of Washington. The purpose of HomeStretch is to help adults who struggle with chronic diseases, such as diabetes, become more active so they can better control their health. The goal of HomeStretch is to enhance the quality of life and management of diseases through regular physical activity and/or exercise.

Regular exercise has also been shown to:

1. Lessen the risk of developing a chronic disease
2. Help in controlling health problems such as high blood pressure, diabetes, weight, etc.
3. Help you to perform activities that are important to you.

As a part of this project, an exercise coach (for example, a Physical Therapist, an Occupational Therapist, Nurse, etc.) will visit you six times in your home. Each visit will last approximately one hour. After these six visits, a home care provider may continue to work with you on your exercises. Visits will be scheduled on a day and time that are convenient for you. You and your “coaching team” will be keeping track of your progress for a period of six (6) months.

Again, welcome to HomeStretch. We look forward to working with you!!

Please indicate your desire to participate by signing below.

I am willing to participate in this voluntary physical activity program:

Client Name: _____

Client Signature: _____



Part One

EXERCISE

Benefits and Precautions



The Benefits of Exercise

The merits of exercise - from preventing chronic health conditions to boosting confidence and self-esteem - are hard to ignore. The benefits are yours for the taking, regardless of age, sex or physical ability. Check out eight specific ways exercise can improve your life.

Regular exercise has been shown to:

1. Lessen the risk of developing chronic diseases, such as high blood pressure, high cholesterol, and diabetes.
2. Help control health conditions, such as high blood pressure, high cholesterol, and diabetes.
3. Help you manage your weight.
4. Help you to perform activities that are important to you.
5. Help improve your mood.
6. Promote better sleep.
7. Strengthen your heart and lungs.
8. Be fun!

Remember: It is important to consult your doctor before engaging in any exercise program.



Necessary Precautions

RED FLAGS – You should **stop** exercising and notify your doctor if you experience any of the following:

1. **Radiating pain** - Example: Pain that begins in the lower back and runs down the leg.
2. **Numbness or Tingling** - Example: Upon straightening one or both legs while seated, you feel any numbness or tingling in your legs or feet.
3. **Loss of Range of Motion** - Example: When attempting to stretch the shoulder, you experience pain and cannot move your shoulder as far as you use to.
4. **Loss of Function** - Example: You no longer can use a finger, hand, foot, or leg.
5. **Swelling** - Example: You begin to experience new or additional swelling in your ankles or feet.
6. **Night Pain** - Example: You begin to experience unexplained pain during the night that you did not have before.
7. **Chest Pain or unusual shortness of breath**

Rating How Hard You Are Working

There are several ways in which you can determine how hard you are exercising, including measuring your heart rate or using a scale of perceived exertion. The Borg scale of perceived exertion allows you to estimate how hard you are working when you are exercising.

Borg Scale of Perceived Exertion

0	Nothing at all	Exercise
.5	Very, very slight	Warm up and Cool Down
1	Very slight	
2	Slight	
3	Moderate	Strength Training & Walking
4	Somewhat Severe	
5	Severe	
6	Severe to very severe	
7	Very Severe	
8		
9	Very, very severe	
10	Maximum	

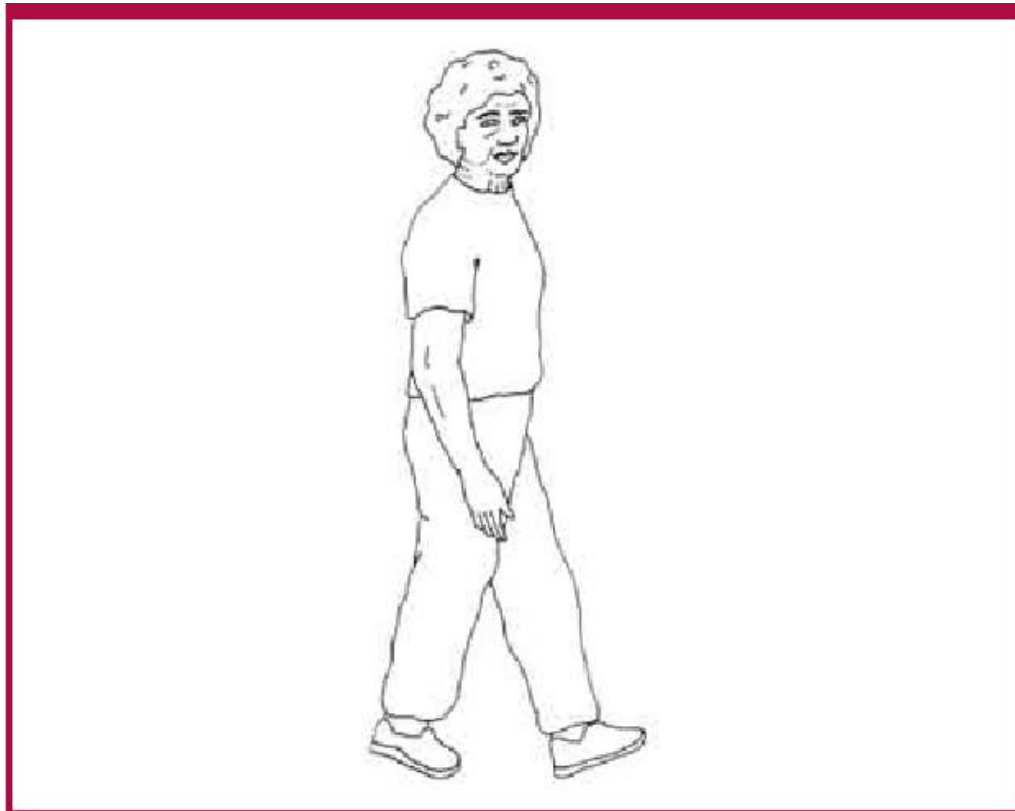


Part Two

THE EXERCISES

- **Warm-Up Exercises**
- **Strength Exercises**
- **Balance Exercises**
- **Flexibility Exercises**

Warm-Up Exercises



The Importance of Warm-Up Exercises

Warm-up exercises are gentle exercises that you do at the beginning of an exercise routine. Warm-up exercises prepare the muscles for more vigorous exercise and reduce the risk of injury.

Always warm up before exercising. The easiest warm-up is a five-minute walk. If you are unable to walk, or the weather is bad, try some of the exercises that your instructor teaches at the beginning of each class. If you have access to music, play some favorite tunes to help keep you moving! You can easily use up five minutes with any combination of the following warm-up exercises.

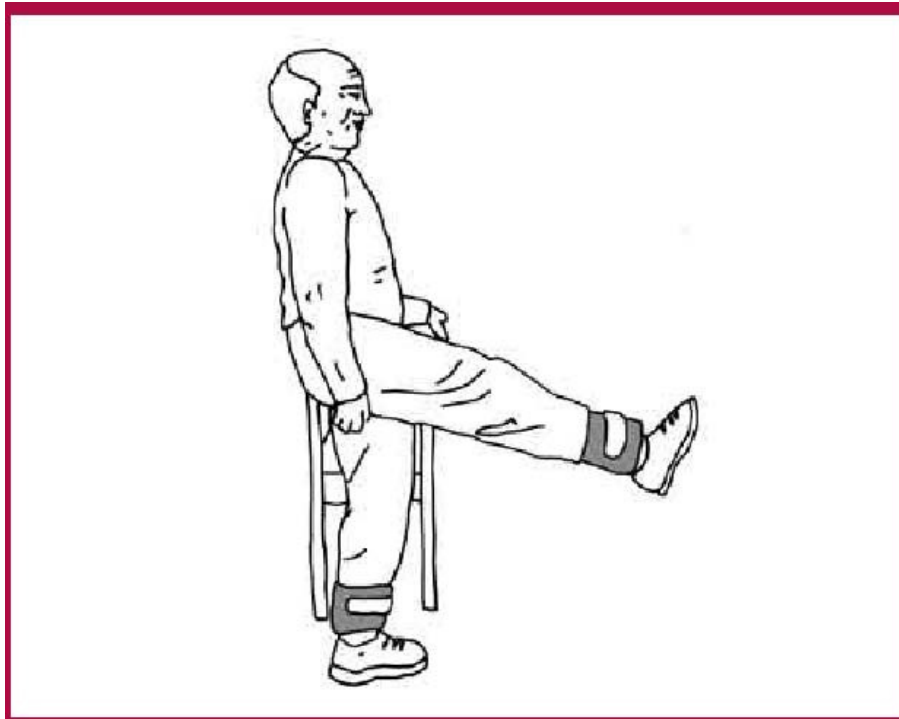
If you are **standing**, you can warm up by:

- marching in place
- stepping from side to side (step touch)
- lifting alternate knees
- lifting foot up behind you, knee bent
- taking 4 steps forward and 4 steps back
- circling your arms
- raising arms above your head and bringing one hand down to touch the opposite knee

If you are **sitting**, you can warm up by:

- lifting alternate knees
- lifting alternate legs out to side
- lifting alternate feet, straightening knees
- turning your head left, then right
- shrugging your shoulders
- circling your arms (one at a time, then both together)
- raise arms above your head and touch the opposite knee

Strength Exercises



Upper Body

- Arm Bending (Biceps)
- Arm Straightening (Triceps)

Lower Body

- Knee Straightening (Quadriceps)
- Leg Lifts: Forward (Quadriceps)
- Knee Bending (Hamstrings)
- Leg Lifts: Side
- Leg Lifts: Backward
- Toe Stands
- Toe Raises



The Importance of Strength Training

This chapter shows you how to do important strength exercises. Exercising with weights can bring you many health benefits, such as:

- building bone strength
- delaying/reversing osteoporosis
- building stronger muscles
- improving balance
- increasing energy
- burning calories
- controlling weight
- toning muscles for a trimmer body
- using full range of movement
- improving flexibility

You can also practice the exercises in this chapter without weights. Your own body weight will provide a workout for these key muscle groups and you will maintain range of movement and flexibility in your joints.

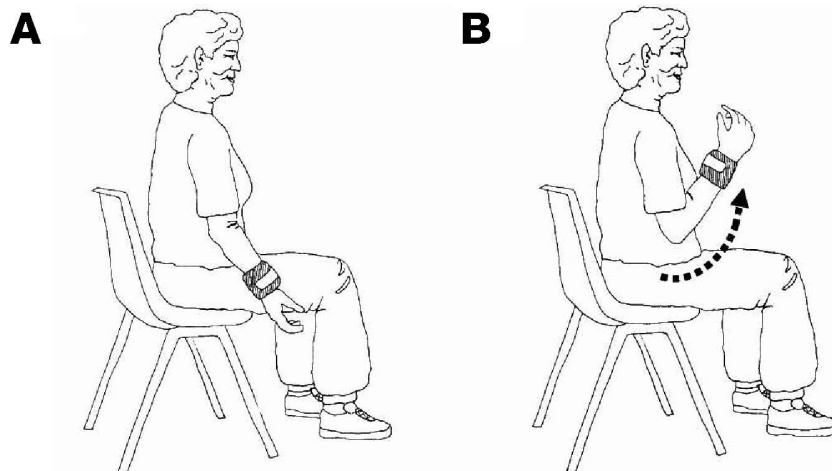
Arm Bending (Biceps)

Purpose: To strengthen the upper arm muscles that bends the elbow.

Function: Eating and personal hygiene, such as washing and brushing hair.

Directions:

1. Sit upright toward the front of the chair with your feet flat on the floor and arms at your sides with weights around wrists. Hold your elbows toward your body (see Figure A).
2. With palms facing up, bend one arm at the elbow and lift the weight toward your shoulder (see Figure B).
3. Do not move your upper arm or shoulder during the lift. Be careful not to use back muscles to “swing” the weights up. If this occurs, reduce wrist weight.
4. Slowly lower the weight to the starting position.
5. Repeat 8 to 10 times.



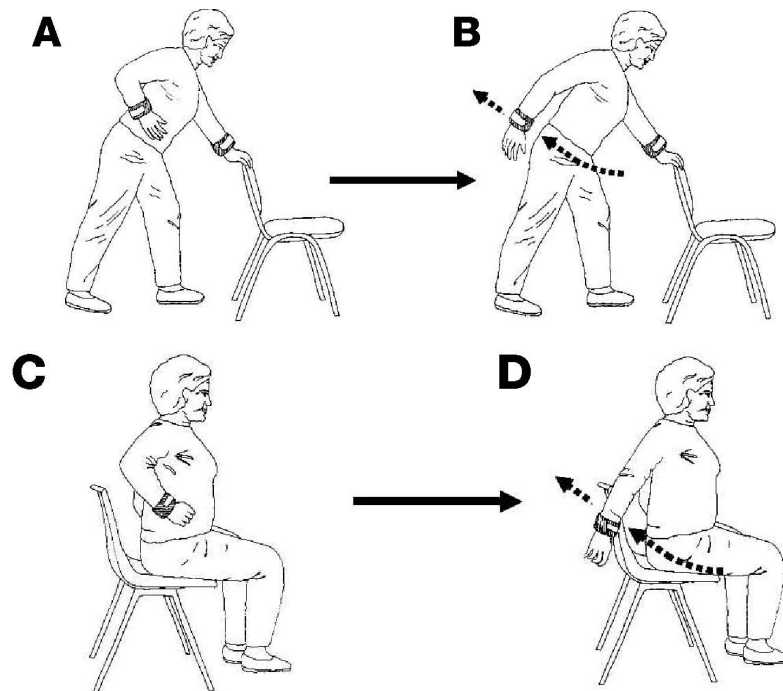
Arm Straightening (Triceps) - Standing/Sitting Version

Purpose: To strengthen the muscles at the back of the upper arm that straightens the elbow.

Function: Getting out of a bathtub or chair.

Directions:

1. If standing, put left foot slightly in front of right foot and bend your knees slightly (see Figure A). If sitting, use proper posture (see Figure C). Start with your right fist on right hip and tuck the right elbow behind.
2. Extend your arm straight back, keeping the elbow steady and in the same location and return fist to hip (see Figures B and D).
3. Repeat 8 to 10 times on each side.



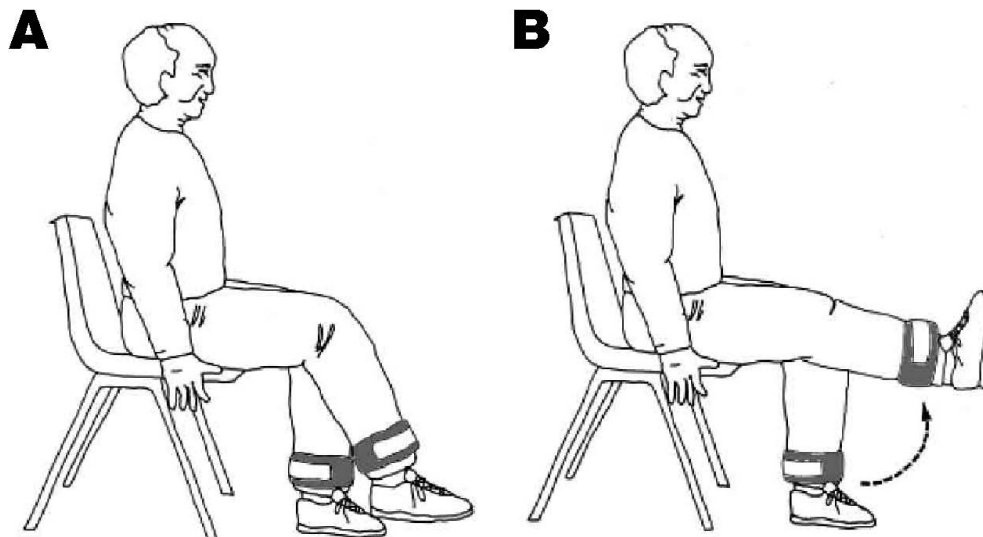
Knee Straightening (Quadriceps)

Purpose: To strengthen the muscles that straightens and supports the knee.

Function: Getting out of a chair.

Directions:

1. Sit upright, slightly forward in the chair, but with thighs supported (a rolled towel may be used beneath thighs for additional support). Do not lean against the back of the chair. Feet should be flat on the floor with weights around the ankles (see Figure A).
2. Lift foot until your leg is almost straight (see Figure B).
3. Lower your foot slowly to the starting position without letting it touch the floor.
4. Repeat 8 to 10 times on each side.



Knee Bending (Hamstrings) - Standing Version

Purpose: To strengthen the muscles in the back of the thigh.

Function: Walking

Directions:

1. With ankle weights in place, stand upright while using the back of a chair for balance. Place your feet shoulder width apart and your knees side by side.
2. Step back with one foot and point the toes.
3. Without moving the thigh at all, raise the heel of that foot toward your buttocks (**see Figure A**).
4. Lower your toe slowly to the starting position without touching the floor.
5. Repeat 8 to 10 times on each side.



Side Leg Lifts - Standing Version

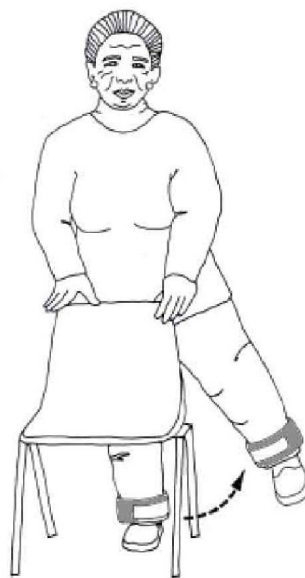
Purpose: To strengthen the muscles at the side of the hips and thighs that pulls your legs out to the side.

Function: Walking

Directions:

1. Stand upright holding onto the back of a chair with weights around the ankles.
2. Keep your body upright with your knees soft. Move one leg straight out to the side, making sure that your toes are always facing forward (**see Figure A**). **Avoid leaning to the side and/or lifting your leg too high.**
3. Lower your leg slowly to the starting position without touching the floor, maintaining some tension in the leg.
4. Repeat 8 to 10 times on each side.

A



Leg Lifts: Backward—Standing Version

Purpose: To strengthen the muscles in the buttocks and lower back.

Function: Getting in and out of a chair, going up and down stairs.

Directions:

1. Stand, holding onto the back of the chair and step back so you are leaning slightly forward (not more than 30 degrees), with ankle weights in place and knees soft.
2. Lift one leg straight out behind you without bending your knee or moving your upper body (**see Figure A**). Tighten the buttock at the top of the lift. Avoid lifting your leg too high.
3. Lower your leg slowly to the starting position without touching the floor.
4. Repeat 8 to 10 times on each side.



Toe Stands—Standing Version

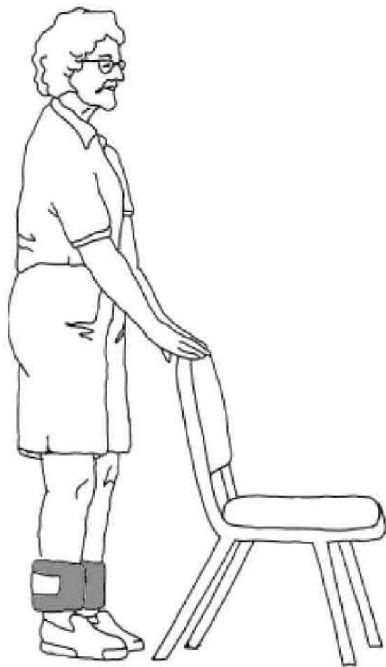
Purpose: To strengthen the muscles in the ankle and back of the calf.

Function: Walking, going up and down stairs

Directions:

1. Stand upright while holding onto the back of a chair with ankle weights in place and feet parallel (**see Figure A**).
2. Raise your body up on your toes without letting go of the chair (**see Figure B**).
3. Lower your body to the starting position. For variety, may be performed with toes turned slightly outward.

A



B



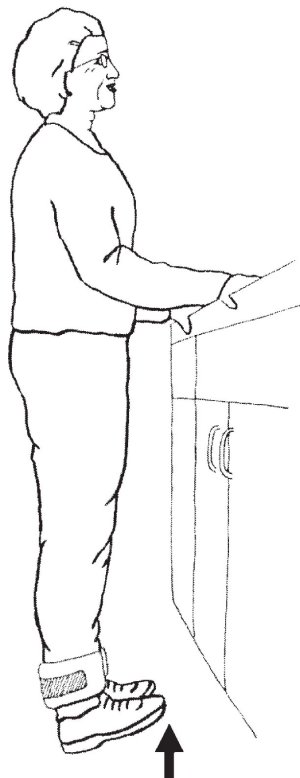
Toe Raises

Purpose: To strengthen the muscles in the ankle

Function: Walking and balance

Directions:

1. Start facing kitchen sink, with feet shoulder width apart.
2. Holding onto the counter or table, slowly raise toes off the floor, rocking back onto heels
3. Hold 3 seconds, and then lower to start position.
4. Come up onto your toes.
5. Lower the heels to the ground
6. Repeat this exercise 8-10 times



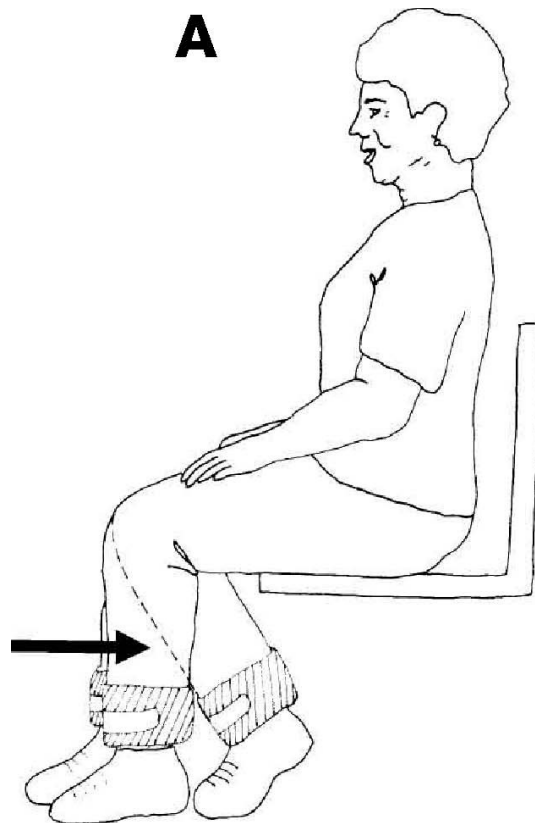
Knee Bending (Hamstrings) - Sitting Version

Purpose: To strengthen the muscles in the back of the thigh.

Function: Walking

Directions:

1. Start sitting toward the front of chair with feet flat on the ground.
2. Slide foot behind you, then return to starting position (**see Figure A**).
3. Repeat 8 to 10 times on each leg.



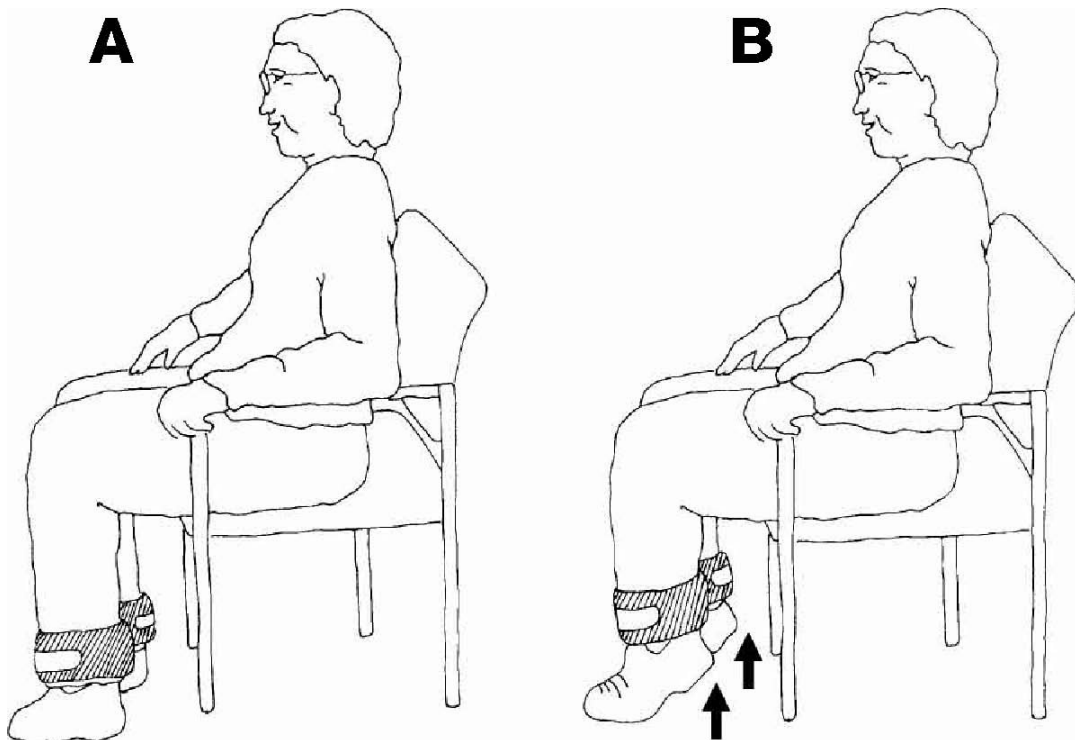
Toe Stands - Sitting Version

Purpose: To strengthen the muscles in the ankle and back of the calf.

Function: Walking, going up and down stairs

Directions:

1. Start sitting toward the front of chair with feet flat on the ground (**see Figure A**).
2. Raise your heels off the floor, pressing down into floor with the balls of your feet (**see Figure B**). Hold for 3 counts.
3. Repeat 8 to 10 times.



Leg Lifts: Backward - Sitting Version

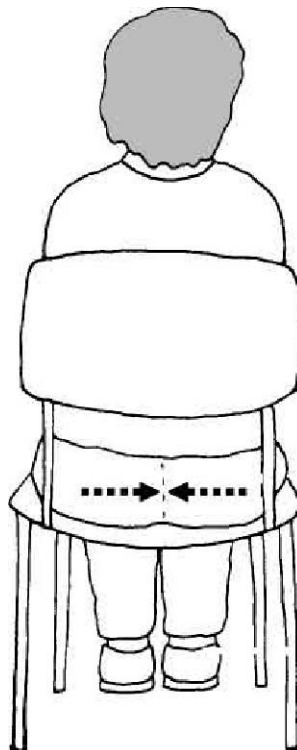
Purpose: To strengthen the muscles in the buttocks and lower back.

Function: Getting in and out of a chair, going up and down stairs

Directions:

1. Sit with feet flat on the ground. (Sitting toward the front of the chair will enable you to work on balance. Sitting toward the back of the chair will give you more support.)
2. Squeeze your buttocks together (**see Figure A**). Hold for 3 counts.
3. Repeat 8 to 10 times.

A



Side Leg Lifts - Sitting Version

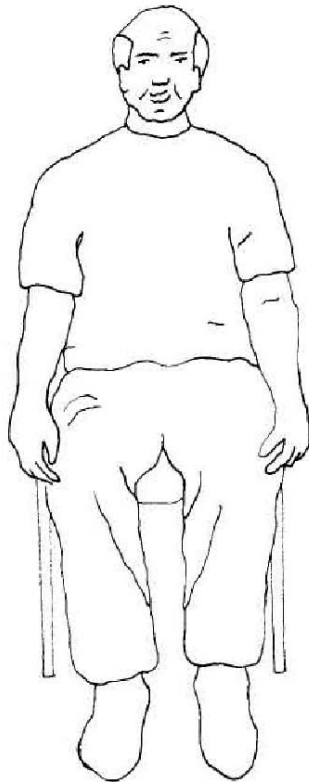
Purpose: To strengthen the muscles at the side of the hips and thighs that pulls your legs out to the side.

Function: Walking

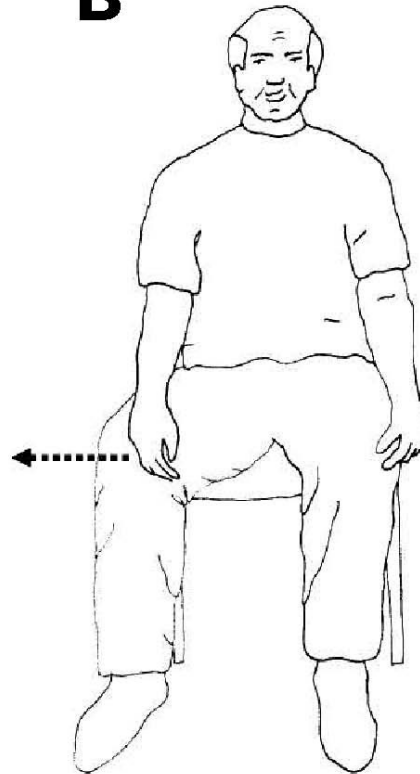
Directions:

1. Start sitting toward the front of chair with your feet flat on the ground (see Figure A).
2. Rotate leg to side as far as comfortable (see Figure B). Hold for 3 counts.
3. Repeat 8 to 10 times on each leg.

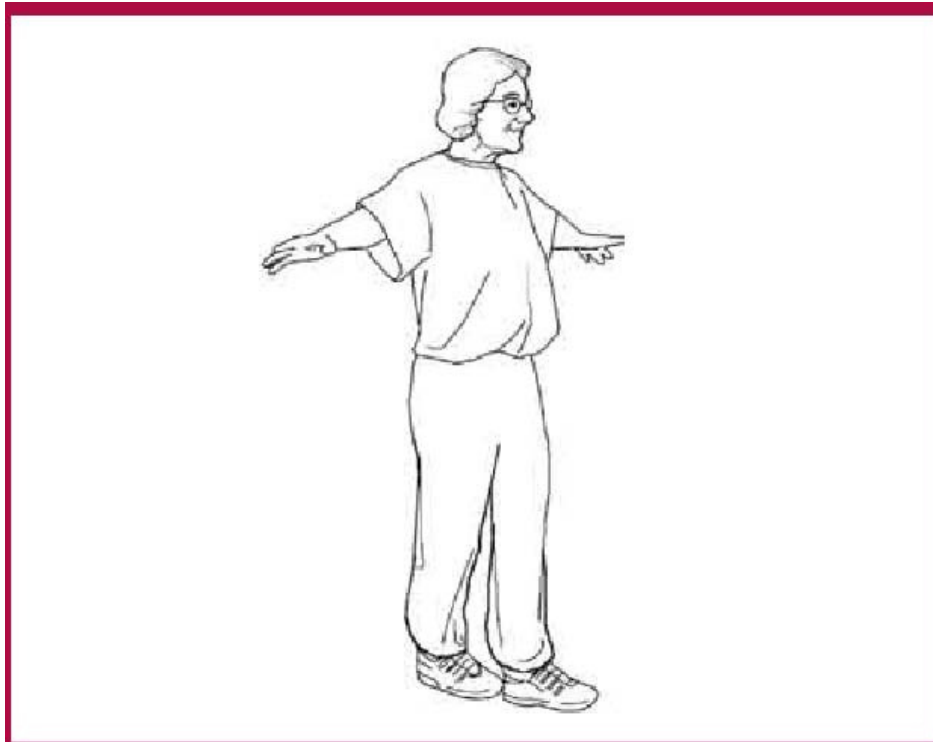
A



B



Balance Exercises



- **Twisting Side to Side**
- **Reaching Forward and to Side**
- **Heel to Standing**
- **One Leg Stand**
- **Sit to Stand**
- **Walking with Health Turns.**
- **Stepping Over Objects**
- **Heel toe Walking**
- **Walking and Turning Around**
- **Backwards Walking**



The Importance of Balance

This chapter shows you how to do some key balance exercises. Maintaining good balance is important for keeping yourself independent while walking and performing your daily activities. Some reasons to maintain good balance:

- We need good balance for almost everything we do: walking, reaching, standing up, bending, and using stairs and step stools.
- Our balance can decline as we grow older, but we can improve and maintain good balance with balance exercises.
- Good balance decreases our risk of falling.
- Many systems in your body contribute to good balance, including:
 - Muscles and bones
 - Nervous system (brain and spinal cord, touch and sensation) and
 - Your inner ear

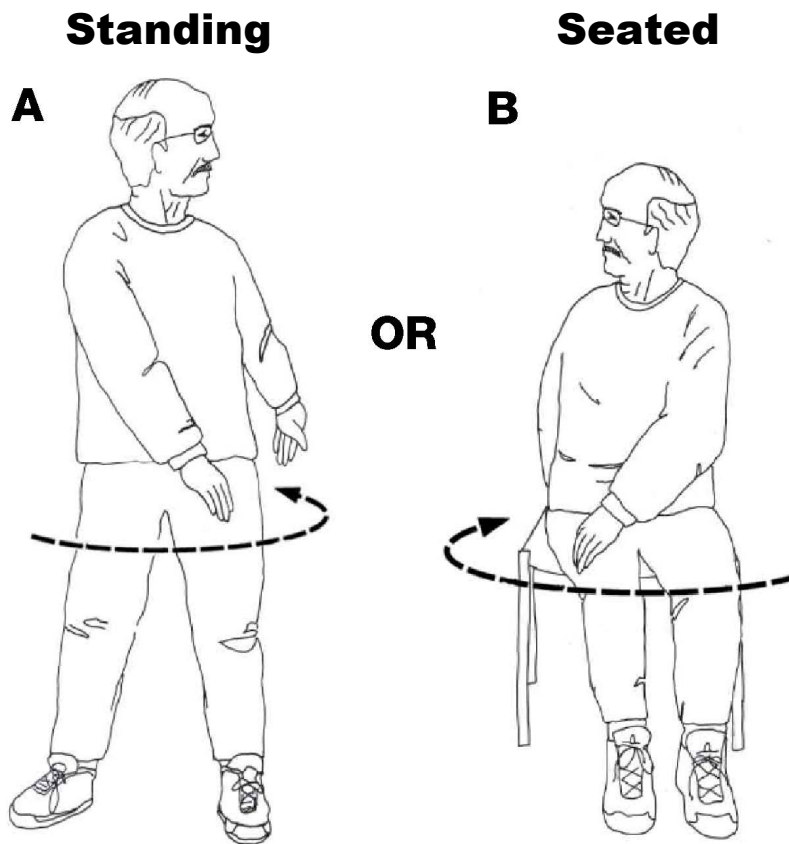
The balance exercises in this chapter will give all of these systems a good workout.

Twisting Side to Side

Purpose: To improve balance.

Directions:

1. Sit or stand.
2. Hold your hands in front of you at waist level.
3. Using your arms as your guide, gently twist from side to side while keeping your feet still (see Figures A and B).

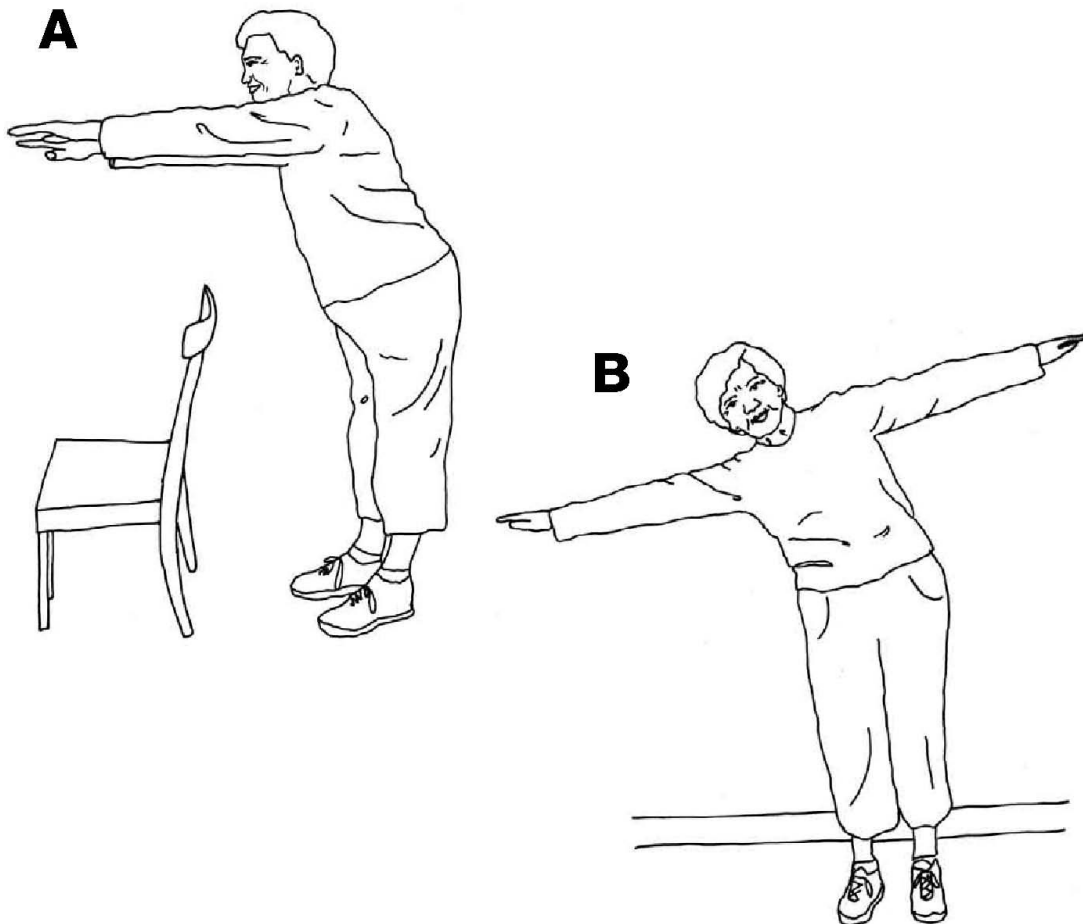


Reach front and side

Purpose: To improve standing balance when reaching.

Directions:

1. Stand in front of chair, feet shoulder width apart.
2. Reach forward with both arms (see Figure A).
3. Return to upright position.
4. Try reaching left, then right (see Figure B).

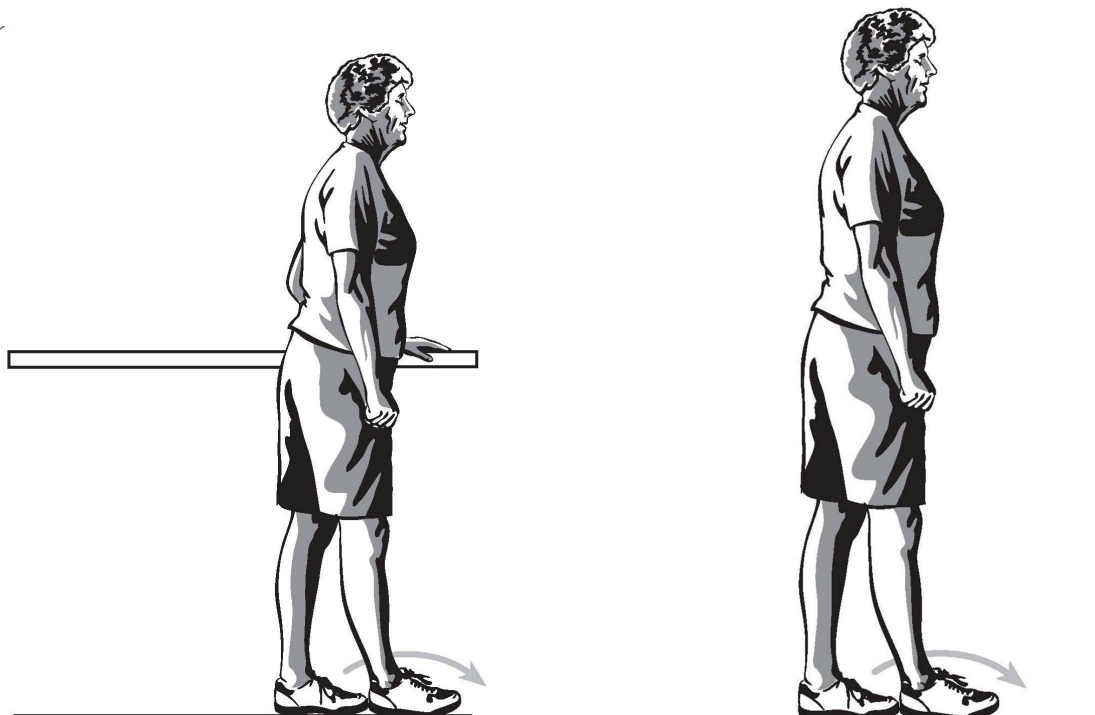


Heel - Toe Standing - With and Without Support

Purpose: To improve balance

Directions:

1. Stand up tall beside the counter or table.
2. Hold on to the counter or table and look ahead (Figure A)
3. Place one foot directly in front of the other foot so the feet form a straight line.
4. Hold this position for 10 seconds.
5. Change position and place the foot behind directly in front.
6. Hold this position for 10 seconds.
7. If you can, stand tall next to the counter and try not to hold on for support. Hold this position for 10 seconds.

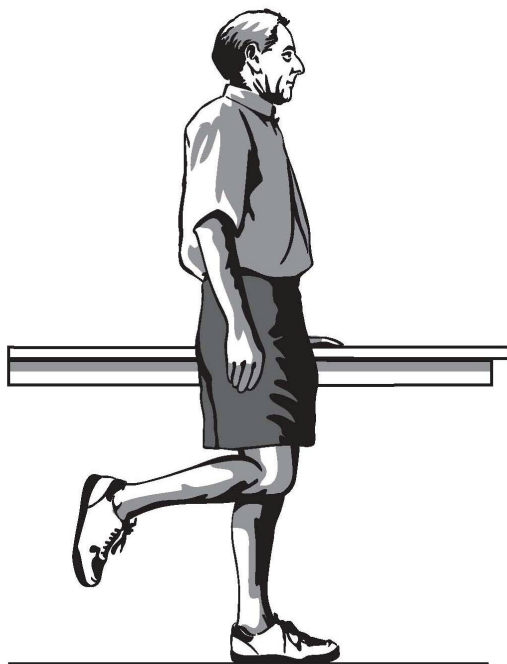


One Leg Stand – With and Without Support

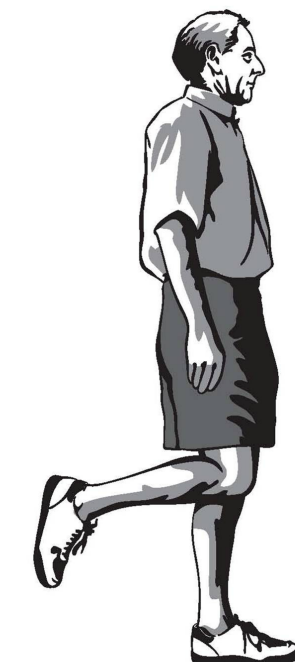
Purpose: To improve balance.

Directions:

1. Stand up tall beside the counter or table.
2. Hold on to the counter or table and look straight ahead (Figure A)
3. Stand on one leg.
4. Try to hold this position for 10 seconds.
5. Stand on the other leg.
6. Try to hold this position for 10 seconds.
7. OR follow steps 1-6 except try not to hold on to the counter or table for support. Hold this position 10 seconds.



A.



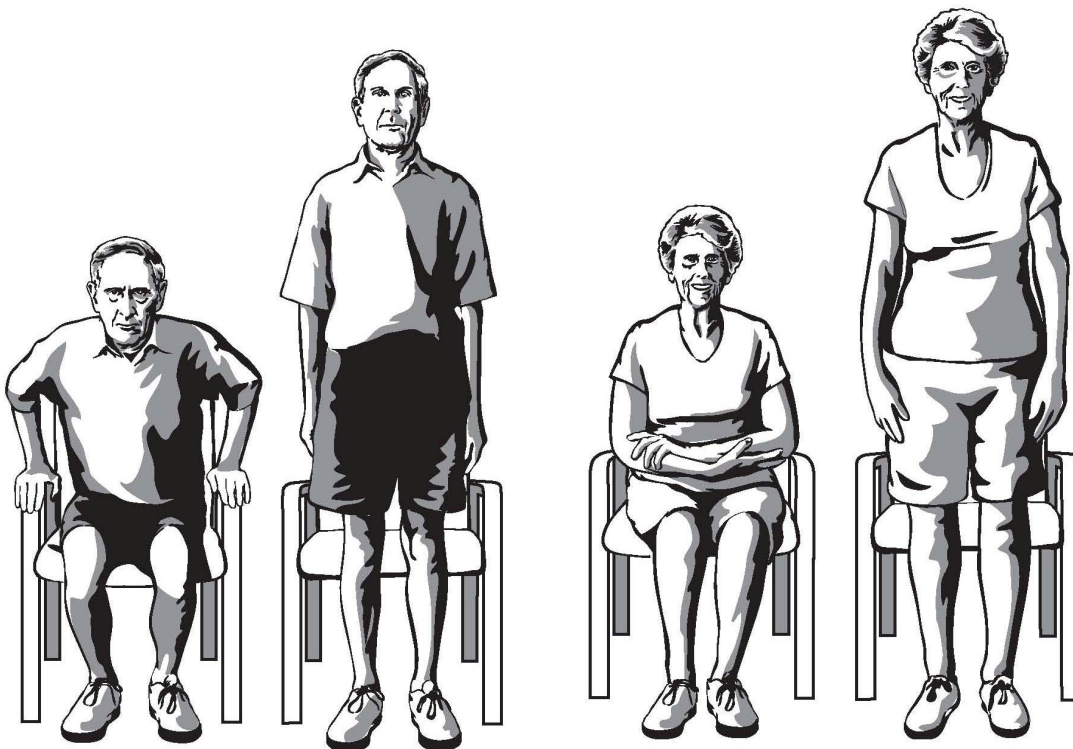
B

Sit to Stand – With and Without Hands

Purpose: To improve leg strength

Directions:

1. You could do this exercise while you watch TV.
2. Sit on a chair which is not too low.
3. Place the feet behind the knees.
4. Lean forwards over your knees.
5. Push off with both hands to stand up.
6. Repeat _____ times.

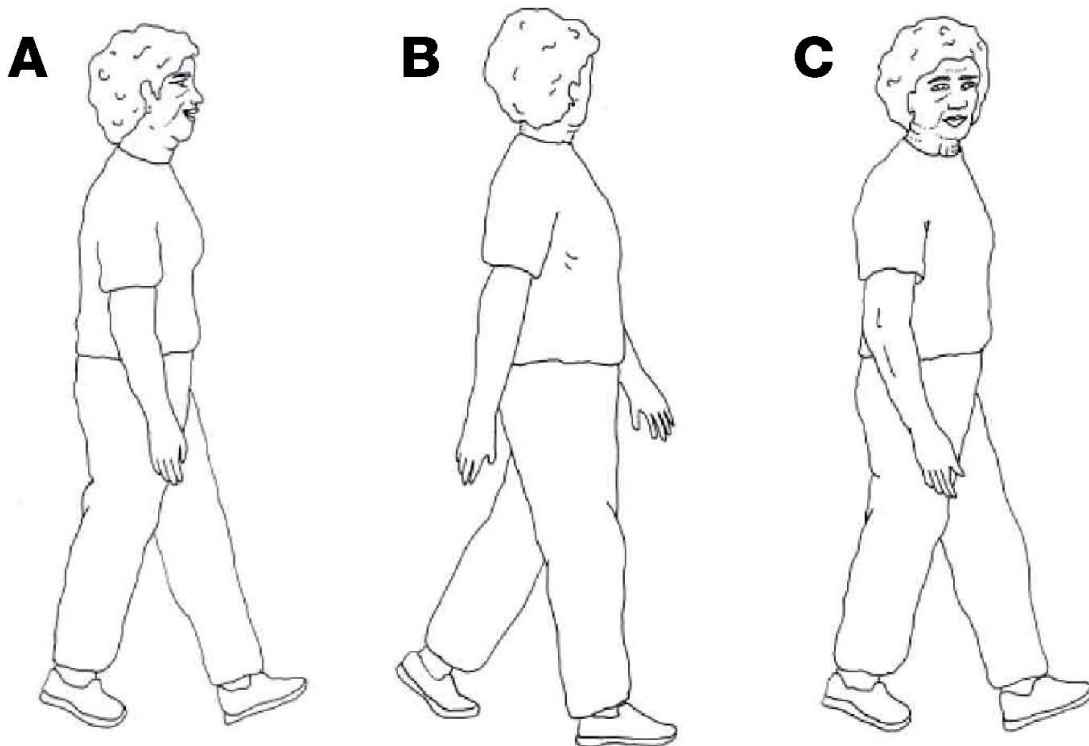


Walking with Head Turns

Purpose: To improve balance while walking.

Directions:

1. Begin walking at your normal speed (see Figure A).
2. After three steps, turn your head and look left while
 - a. Continuing to walk straight ahead (see Figure B).
3. After three steps, turn your head and look right while
 - a. Continuing to walk straight ahead (see Figure C).
 - b. Repeat.

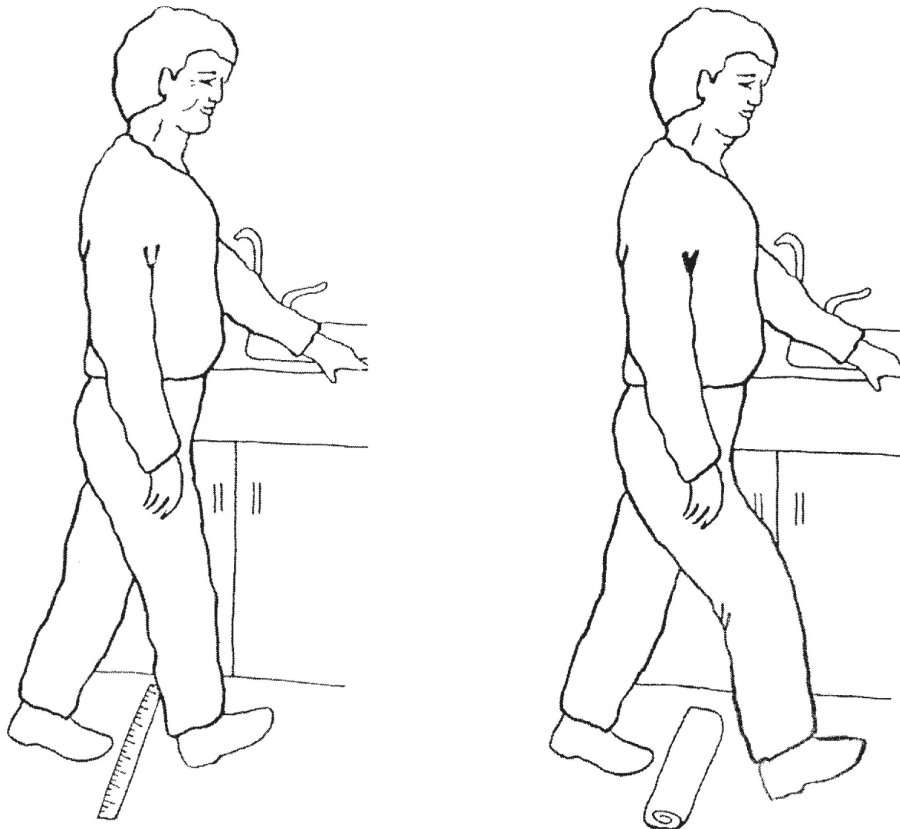


Stepping Over Objects

Purpose: To improve balance while walking.

Directions:

1. Stand next to counter. Practice stepping over ruler.
2. Once that is easy, practice stepping over towel roll.
3. Once the above exercises are easy, you can move into your hallway and start walking over the ruler, again, once that is easy you can practice walking over the towel roll.

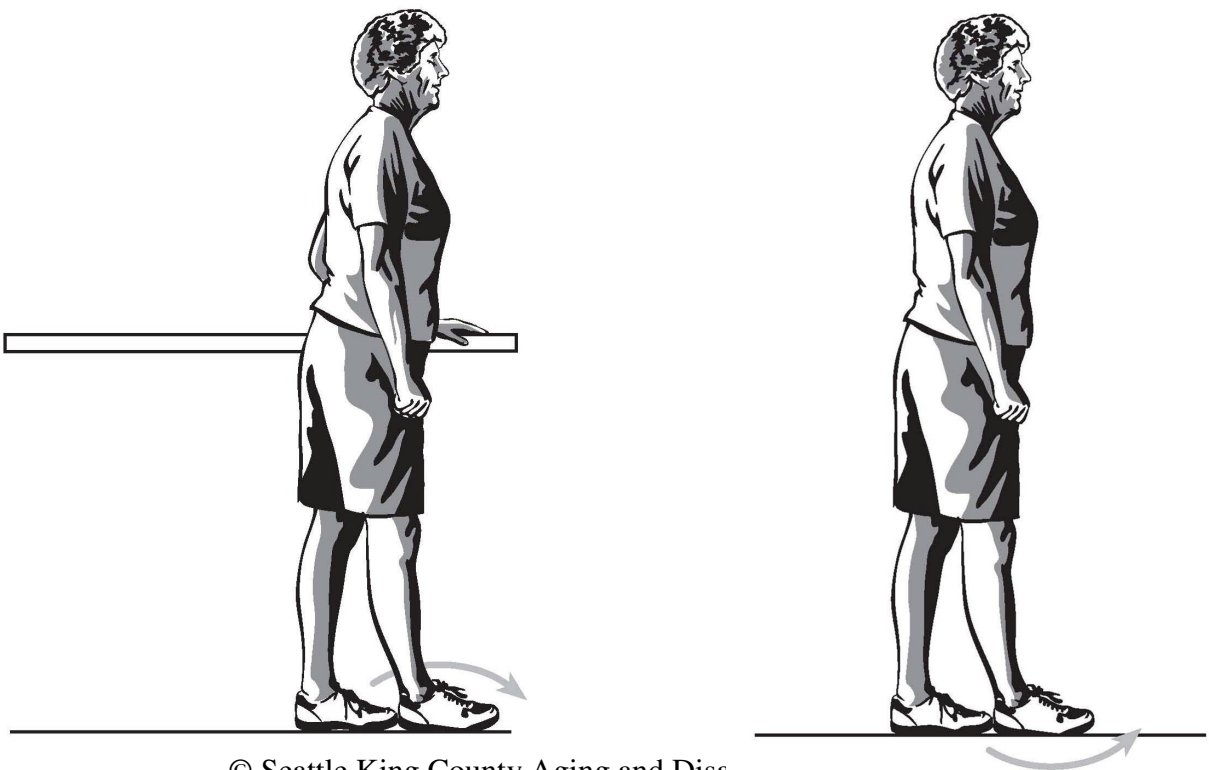


Heel toe Walking –With and Without Support

Purpose: To improve balance while walking.

Directions:

1. Stand up tall beside the counter or table.
2. Hold on to the counter or table and look ahead.
3. Place one foot directly in front of the other foot so the feet form a straight line.
4. Place the foot behind directly in front.
5. Hold this position for 10 seconds.
6. Repeat for 10 more steps.
7. Turn around.
8. Repeat the exercise.



Walking and Turning Around

Purpose: To improve walking balance when turning.

Directions:

1. Walk at your regular pace
2. Turn in a clockwise direction
3. Walk back to your starting position.
4. Turn in an anti-clockwise position.
5. The exercise is a figure of eight movement.
6. Repeat this movement.

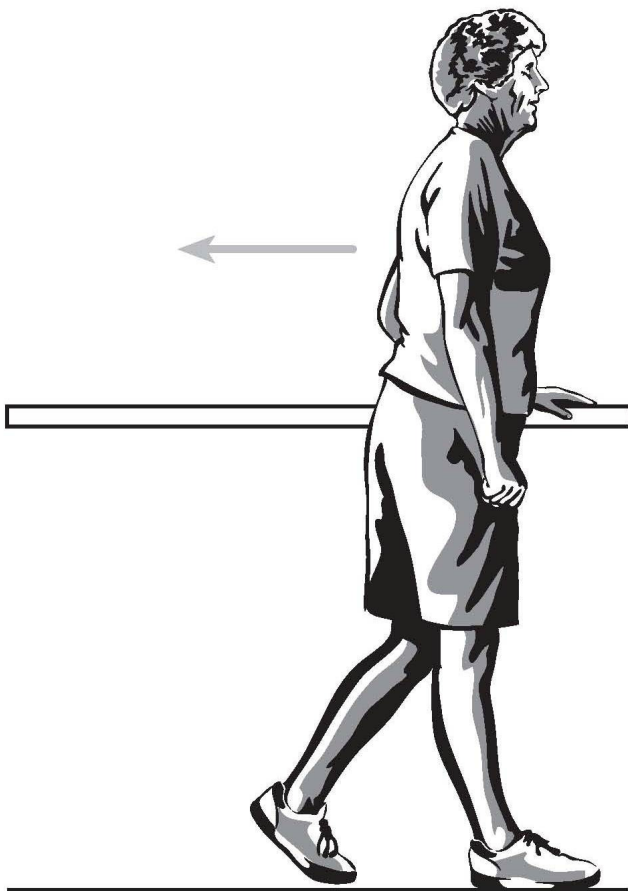


Backwards Walking – With or With Support

Purpose: To improve balance when reaching back to sit down.

Directions:

1. Stand up stall and hold on to the counter or table.
2. Walk backwards 10 steps.
3. Turn around and hold on with the other hand.
4. Walk backwards 10 steps to the beginning.
5. Repeat this exercise.





Cool Down with Flexibility Exercises



The Importance of Flexibility

What is flexibility?

Flexibility is the ability of your muscles to stretch. Good flexibility allows you to bend and move without pulling or straining muscles. We all may lose flexibility as we get older. It is important not to lost flexibility.

Why have flexibility exercises in my exercise program?

Flexibility is **important** because it helps our muscles to work well. For example, tight leg muscles can make it harder to walk safely or tightness in our neck muscles can make it difficult to turn our head. If we are not active, our muscles can become stiff. Stretching exercises can help to keep or improve your level of flexibility and can prepare your body for activity.

What is a cool-down?

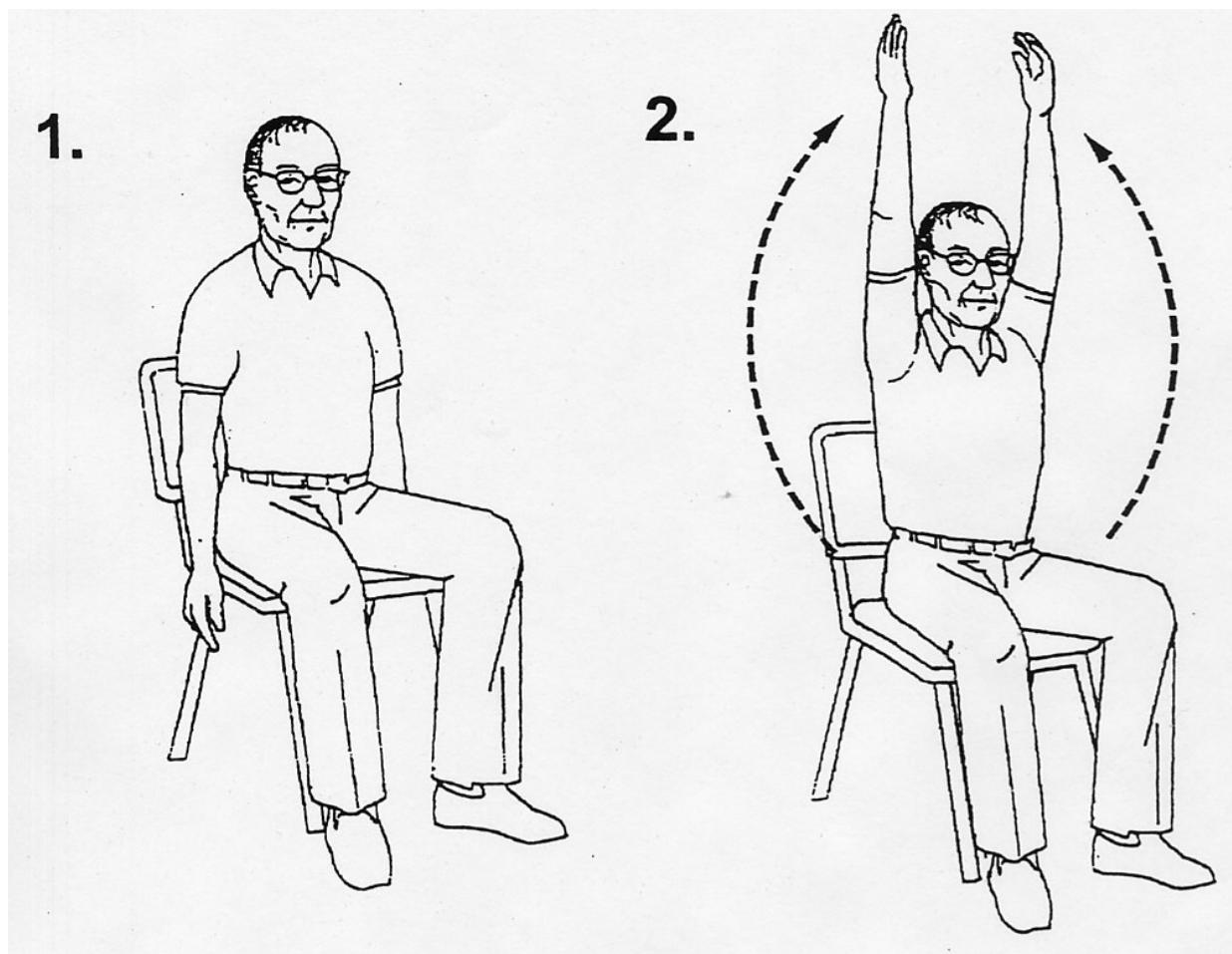
A cool-down following exercise helps to prevent injuries and maintain your flexibility. It can also reduce the amount of stiffness and soreness you may feel after exercising. Stretching of some key muscles and deep breathing are important parts of a cool-down. A cool down should last 5-10 minutes.

Deep Breathing

Purpose: To cool down.

Directions:

1. Sit or stand with your arms at your side.
2. Inhale and move your arms slowly out to your sides and overhead.
3. Exhale and slowly lower your arms out to the sides and back to starting position. Repeat.



Head Movement

Purpose: To improve stability while walking.

Directions:

1. Stand up tall and look ahead.
2. Slowly turn your head as far as you can to the right.
3. Slowly turn your head as far as you can to the left.
4. Repeat five times to each side.
5. head down slightly. Repeat.

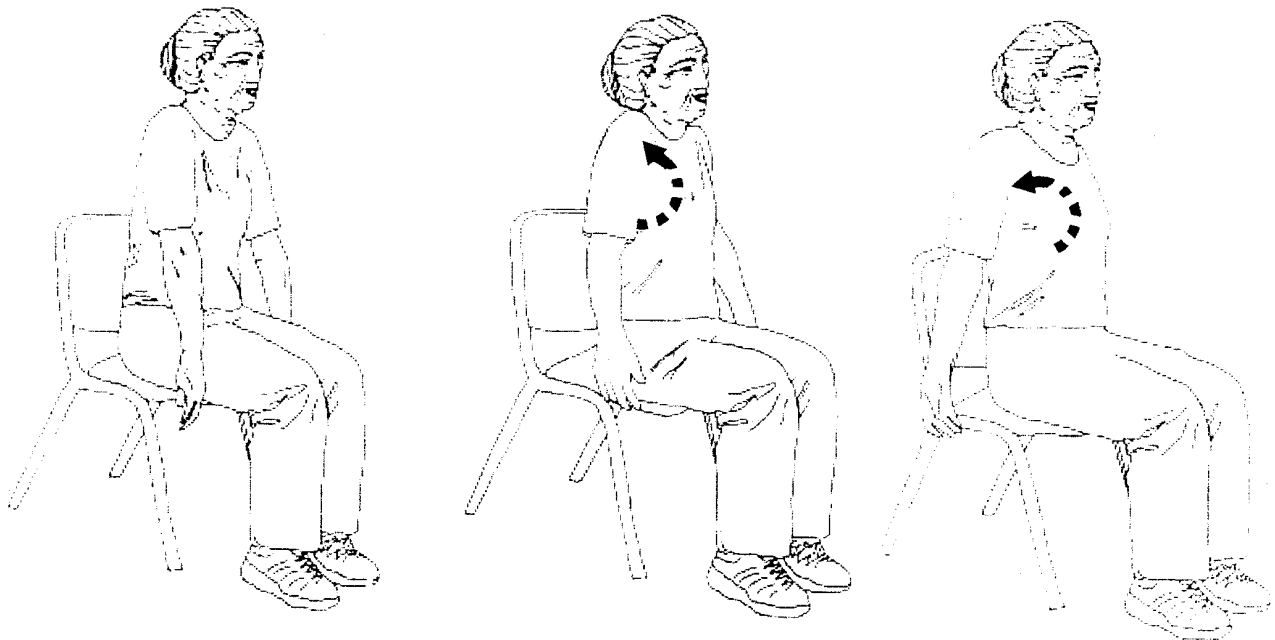


Shoulder Rotation

Purpose: To improve posture by increasing flexibility in your shoulders.

Directions:

1. Sit upright with arms at sides and with your shoulders rolled forward.
2. In a circular motion, slowly roll your shoulders up towards your ears.
3. Continue to roll your shoulders backwards and down until you have completed a full circle.
4. Repeat.

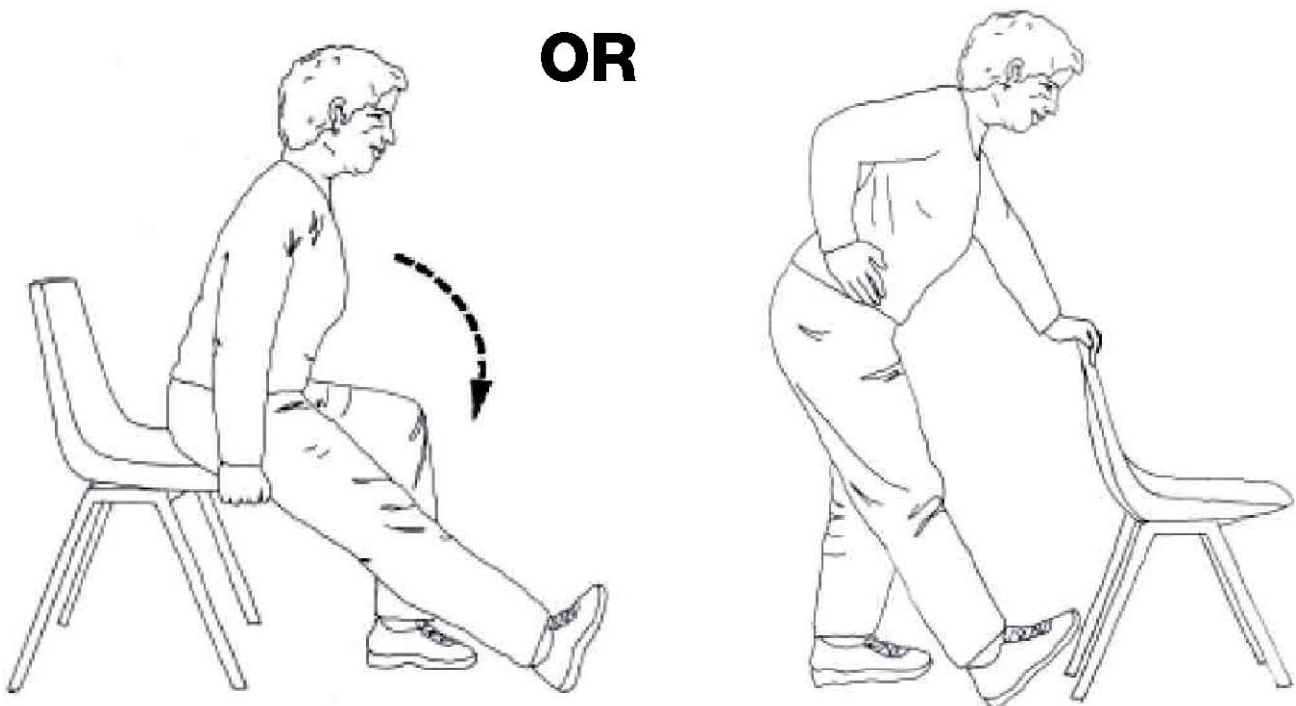


Hamstring Stretch

Purpose:

Directions:

1. Sit toward the front of the chair. You can hold on to the sides of the chair for balance.
2. Extend your right leg in front of you. With a straight back, lean forward until you feel a slight stretch in your right hamstring.
3. Repeat on other side.



Part Three

**Tracking Your Exercise
Everyday**

Activities	M	Tu	W	Th	F	Sat	Sun
● Walking (or seat marching)							
● Strengthening							
1. Deep breath (arms overhead)							
2. Arm curl							
3. Knee extension							
4. Knee flexion							
5. Hip abductor							
6. Hip extension							
7. Ankle plantarflexors							
8. Ankle dorsiflexors							
● Balance retraining							
1. Trunk twists							
2. Reaching front and side							
3. Heel toe stand							
4. One leg stand							
5. Sit to stand							
6. Walking with head turns							
7. Stepping over obstacles							
8. Tandem walk							
9. Walking and turning around							
10. Backward walking							
11. Deep breath (arms overhead)							
FALLS (#)							
Note:							

(When you complete this page, please turn to page 1 and complete the other half of the page.)

HomeStretch Program Client Tracking Form

Name: _____ Week: _____ Date: _____

(Beginning of week) My goals for this week are:

(After setting your goals, please track your progress using the form on the back!)

(End of week) Did I meet my goals?

0	1	2	3	4	5	6	7	8	9	10
Did Not Achieve					Achieved Completely					

What helped:

What not:

(After you complete this page, please keep in the envelope on the back of your exercise folder or give it to your exercise helpers. Thank you!)

