Balance & Bones™

-prevent falls and injury-

A Presentation by Linda Rose Iennaco
Exercise is physical activity that is planned, structured, and repetitive for the purpose of conditioning any part of the body. Exercise is used to improve health, maintain fitness and is important as a means of physical rehabilitation.
Activity

(www.merriam-webster.com/dictionary/activity)

• the quality or state of being active
• vigorous or energetic action, liveliness
• natural or normal function
• a pursuit in which a person is active;
Stretching

Static stretching is a muscle lengthening and relaxing activity which helps increase range-of-motion, flexibility and comfort during and after exercise activity.
Overhead Stretch
“use it or lose it”

- Strength
- Endurance
- Range of Motion (ROM)
- Flexibility
- Mobility
- Balance
- Love of life
Doctors rarely recommend

- **Bed rest**
  
  - for everyday of bed rest – it takes 7 days to regain strength
PLUMB LINE

- A line (piece of cord) to which is attached a plumb bob (a small lead weight).
- When suspended, it represents a vertical line.
- When used for analyzing standing posture, it must be suspended in line with fixed points, namely, midway between heels in posterior view, and just anterior to the lateral malleolus in a lateral view.
Linda’s ‘Laws’ of Alignment

‘Ears over shoulders’
 ‘Bellybutton pulled back and up your spine
 ‘Shoulder blades pressed flat on your back’
 ‘Legs in line with hip joints’
 ‘Palms face each other’

-and for safety when bending: ‘Head above heart’
 before sitting: ‘Back of legs touch chair’
Seated postures

- lumbar lordosis
- neutral
- thoracic kyphosis
“I’ve lost my balance!”

What did we have that we no longer have?

- Muscle strength
- Range of motion
- Change of motion
Building lower body strength
Building upper body strength
Seated Heel Raise
ALPHABET – by the foot
Lower Limb Activities with Resistance Band
Lower Limb Activities with Free Weights

• Dorsiflexion
• Knee lifts (marching)
  – Add one tap: tap-step
UPPER Limb Activities
with ADDED Resistance

• Wrist curls: supinated (palms up) pronated (palms down)
• Chest press: forward overhead
Chest Press with Resistance Band
-seated or standing-
Seated Weight Shift Side-to-Side
Sit to Hover to Stand to Squeeze to Hover to Sit to ...
... and then to STRIDE
Knee Bends or ‘mini-Squat
Standing Weight Shift Side-to-Side
Standing Heel Raise
-and then ...

- Walk on toes (balls of feet)
- Walk on heels
- Heel jar
- ‘Faux’ jumping
Single Leg Stance
Single Leg Stance
Tandem (Heel-Toe) Stance
BONUS ACTIVITY!!!!

WALL PUSH-UPs

Injury-Prevention - if you lose your balance

Improves:

- reaction time
- postural strength
- balance
- upper limb and chest strength
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-or to the side, even backwards, but keep moving SAFELY!

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Postural and Safety Directives

‘Ears over shoulders’
‘Bellybutton pulled back and up your spine
‘Shoulder blades pressed flat on your back’
‘Legs in line with hip joints’
‘Palms face each other’

-and for safety when bending: ‘Head above heart’
before sitting: ‘Back of legs touch chair’