

ASSESSMENTS TO CONDUCT BEFORE DESIGNING A CORRECTIVE EXERCISE PROGRAM FOR SENIORS

1. Chair stand
2. Arm curl
3. Two-minute step test
4. Chair sit and reach
5. Up and go



EXERCISES YOU MIGHT INCLUDE

- Alternating lunges
- Single-leg stands
- Sit-to-stand
- Triceps kickback
- Chair leg raises

For Hip Pain:

- Leg swings
- Lateral squat
- Standing hip abduction
- Side-step jacks

For Shoulder Pain:

- Chest press
- Shoulder press
- Lateral raise
- Arm circles

For Knee Pain:

- Straight leg raises
- Seated hip adduction
- Hip raise
- Squat
- Step-up
- Lunges

For Low Back Pain:

- Supermans
- Leg extensions
- Pelvic tilt
- Hip flexion