

50 AND OVER BACK WELLNESS PROGRAM

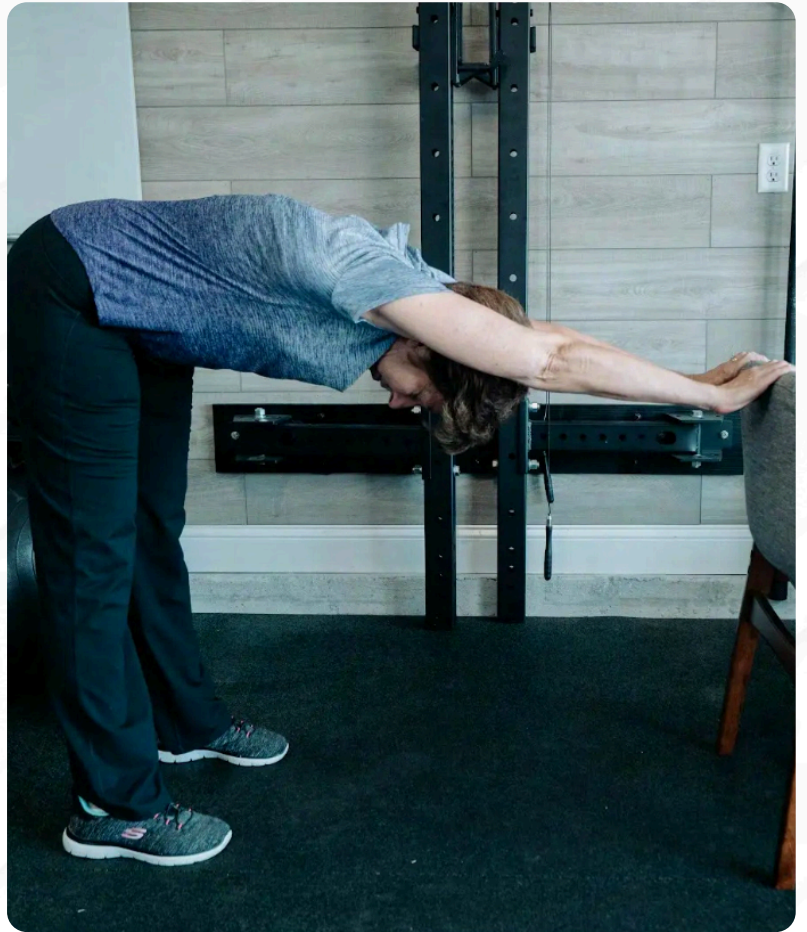
STANDING L STRETCH

This is for the back of the legs and lower back. Make sure to grab onto something sturdy such as a counter top or chair. Step your feet back and begin to bend over and bring your chest towards the ground.

Dosage:

2 repetitions for a 10 second hold

Tip: If you think about poking your butt and getting your legs straight the greater stretch you will feel. If you feel this in your shoulders that is okay as well. If it hurts in you shoulder just drop that arm.

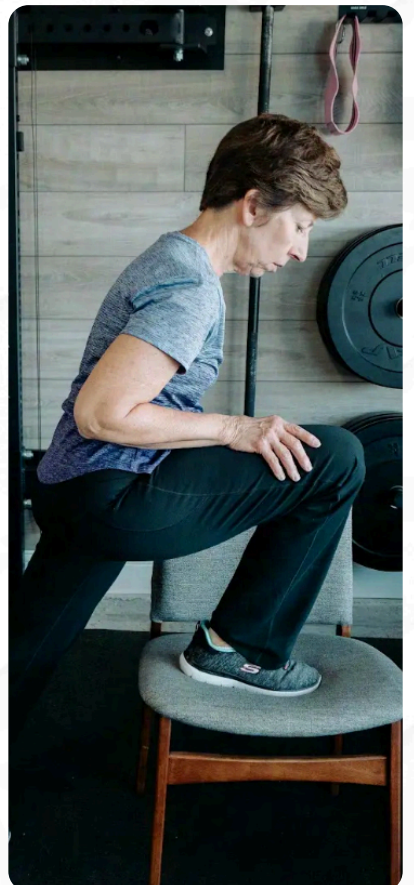


STANDING HIP FLEXOR STRETCH USING CHAIR

This isn't a balance exercise so make sure you feel steady. Grab a chair or something sturdy you can put your foot on. The goal is to stretch the front of the leg you are standing on. Once your foot is on the chair, start to shift your weight forward until you feel a stretch in the front of the back leg. Then shift your weight back. If you feel any pain or discomfort in your back don't go past it.

Dosage: 5 repetitions of 10 second holds on each leg

Tip: The heel on the ground will come up. Don't force it to stay down.



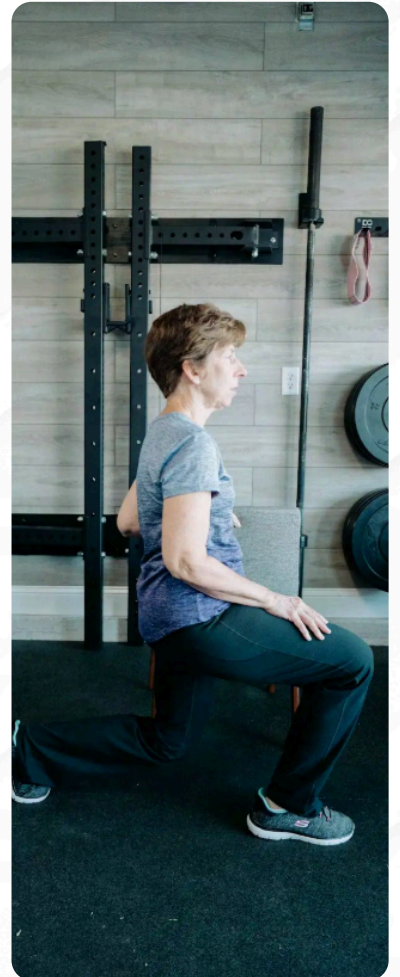
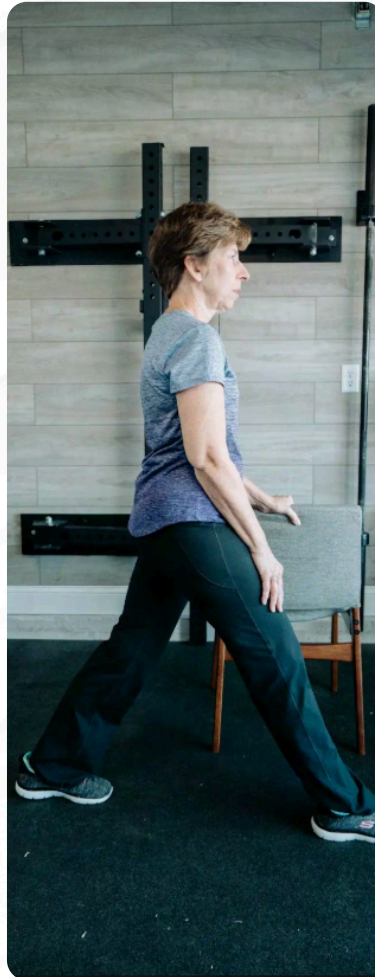
LUNGE USING CHAIR

Stand with your feet together and next to something that you can use to assist with balance, if you need it. That can be the counter top or chair. Take a large step backward then dip your back knee down toward the ground. Both knees will bend. Once you dip to distance you feel comfortable come back to the starting position (both feet back together)

Dosage:

20 repetitions total

Tip: You want to feel the burn in your legs. If you have any back pain or leg pain then rest until it stops and start again. The bigger step back the harder it is.



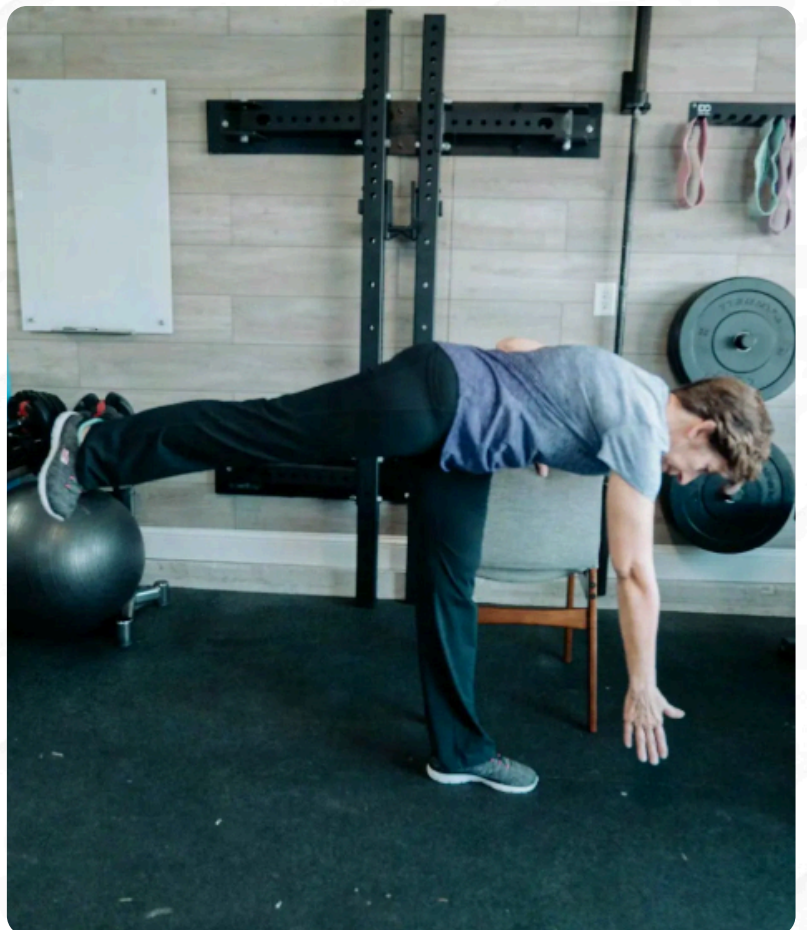
ROMANIAN DEADLIFT WITH CHAIR

Start next to the back of the chair or something sturdy. Then you will stand tall and hold on with one hand. If you are holding on with your left hand then you will stand on your left leg and reach down with your right arm towards the left foot. You will keep both legs straight. You will feel your hamstrings and glutes work. Reach until you feel a stretch and no further.

Dosage:

8 repetitions on each side

Tip: More range isn't better. Focus on feeling your muscles working.



SUSPENSION TRAINER SQUAT

Start by grabbing the handles and taking a step back. With both feet on the ground about shoulder width apart, lean back while gripping the handles. Once you are leaning back perform the squat. Your arms will have a slight bend in them the entire time. Think about going down to the ground not sticking your butt out.

Dosage

2 sets of 20 repetitions

Tip: The deeper you go the more it works your hips and lower back. As you get comfortable go lower. You can vary the depth and angle of your body for a greater challenge.



SUSPENSION TRAINER LUNGE

While holding onto the suspension trainer you want to take a large step back with one foot. Then bend both knees in a lunge position. Once you dip the back leg as far as you can tolerate, return to the starting position with both feet together. Alternate legs as you complete the lunge

Dosage:

2 sets of 20 total repetitions

Tip: Make sure to keep some bend in your arms and keep a tall body



PLANK OR MODIFIED PLANK

You want to start with your elbows under your shoulders and then go up on your toes while lifting your trunk off the floor. You want to focus on keeping your core contracted and your neck in good alignment. Think about holding a crunch position. You want to do a slight chin tuck to protect your neck. Imagine pushing the earth away from your elbows and hold that position. You can also do this on your knees as a modification.

Dosage

3 repetitions of 45 seconds

Tips: These are better to do on a hard surface. Breathe and focus on keeping your core contracted. If you are having any pain or tingling try the child's pose stretch between reps.



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