



Exercise Prescription for Seniors

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Disclosure

Dr. Scherger has nothing to disclose for this presentation

Three Part Prescription

- **Movement**
- **Strength**
- **Balance**

A Sample Hour of Exercise

- Movement of Choice – 30 minutes
- Strength Training – 20 minutes
- Balance Training – 10 minutes

Movement Options

- Walking
- Jogging
- Bicycle (stationary safer for seniors)
- Treadmill (allows indoors)
- Swimming
- Elliptical
- Stair climbing
- Rowing

Strength for 3 Body Zones

- Upper body
- Core
- Lower Body

Upper Body Strength Training

- Neck – Look Up, Rotate looking forward (do not force full range of motion)
- Shoulders
- Arms
- Chest (pectoralis major)

Core Muscle Training

- Abdominal flexion
- Back extension
- Stand up, sit down 5 or 10 times (no arm assist)
- Kegel exercise for sphincters

Lower Body Strength Training

- Hip flexion, extension, adduction and abduction
- Quad strengthening
- Hamstring strengthening
- Senior squats (less than 90 degree knee bending)
- Foot dorsiflexion and plantar flexion for tibia and calf muscles
- Foot grips to prevent plantar fasciitis

Balance Exercises


- Standing on one foot. Work up to 10 seconds
- Walking backwards (have something to grab if needed to avoid falling)
- Hiking carefully on trails with some obstacles
- Balance balls

Therapeutic Stretching

- Yoga
- Pilates
- Tai Chi
- With a trainer – careful not to cause injury


Most Common Causes of Injury

- Doing too much (overuse)
- Going too fast
- Stretching beyond the comfort zone



Cross Training and Respect 48 hour recovery time

Walking may be daily but
others may be 3 days a week to
avoid overuse muscle strain



Optimize Body Weight!

**Exercise helps but does not
alone promote weight loss.**

A healthy diet is required.