EOPD Very Active Exercises

DISCLAIMER:

- You need to be safe while exercising; Use a sturdy chair on level floor if seated or wear comfy shoes if standing. It may be that you already have a safe exercise place that you do your home programme in, so stick with that if it works for you.

- Please ensure that you have plenty of water on hand during the classes and have a window open to ensure there is plenty of fresh air.

- If you feel dizzy or lightheaded at any stage during the class please inform the physio.

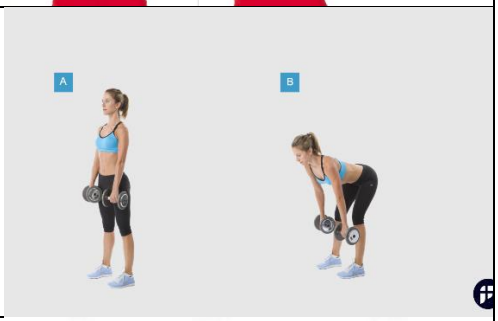
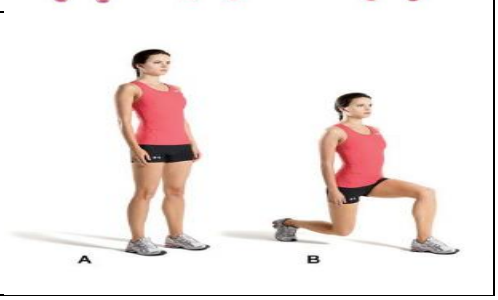
- If you experience pain or discomfort please stop and seek medical advice prior to continuing.

- With exercise there are a couple of risks. You might feel sore the next day after strengthening exercises. We will advise you to do the exercise differently if needed. Please ask the physio if unsure of any exercise technique and ensure you consult your GP to ensure it is appropriate for you to continue with this program.

Warm-up (30 seconds each)

- Ankle rolls
- High knees
- Heel flicks
- Quad stretch
- Neck rotations
- Arm circles
- Triceps stretch

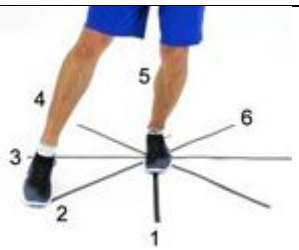
Circuit of Upper and Lower Body Training (40 seconds on and 20 seconds off, repeat 3 times, 18 minutes total)

Exercise	Progression	Regression	
Weighted squat	Increase weight / add eccentric element	Drop the weight / into a chair	
Shoulder press	Increase weight	One arm at a time / no weight	
RDL	Increase the weight	Drop the weight / half rate of movement	
Front raises to lateral raises.	1 arm alternation / increase the weight	Drop the weight / only perform the front raises	
Lunges	Add weight	Half rate of movement	

Row	Increase the weight	No weight	

2-minute break, repeat 3 times

Balance 40 seconds on 20 seconds off x 2 6 minutes

Balance exercise	**Progression**	**Regression**	
Tandem stance	Tandem walk	Half tandem / narrow stance	
Single leg stance	Flamingo swing	Toe touching / holding onto chair	
SL toe tap around the clock	Reach out further with foot	Diagonal toe taps / hold onto a chair for support	

Cardio: 40 seconds on 20 seconds off x 3 (6 minutes)

Exercise	**Progression**	**Regression**
Jumping jacks	Quicker pace	Only arms or legs at a time
High knee	Quicker pace / add arm pump	Slower pace

Cool down: 3 minutes

- Ankle rolls
- Hamstring stretch
- Groin stretch
- Arm circles
- Neck rolls
- Deep breathing exercises