EOPD 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

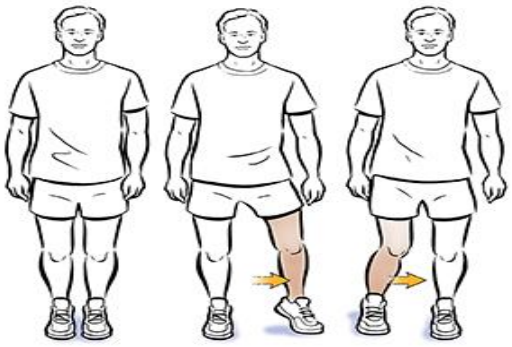
Marching on Spot	30 seconds
Looking over shoulder/up to sky	30 seconds
Shoulder circles	30 seconds
Trunk rotations	30 seconds
Hip circles	30 seconds
Ankle rolls	30 seconds

Strength: 30 seconds on, 30 seconds off x 3

Exercise	Progression	Regression	Picture
Mini Arm Circles	Add weights / Increase weight	No weights	
Bicep Curls with overhead press	Increase weight	No weights - Only bicep curl	
Rows	Increase weight	No weights	
Bodyweight Squats	Goblet squat with weight	Mini squats using chair	
Calf Raises	Hold weights - Do on step to increase rate of movement	Use table or back of chair for support	

1 minute Water Break

Cardio: (40 seconds on, 20 seconds off) x 3

Exercise	Progression	Regression	Picture
Marching with high knees / arm swing	Increase Pace	Marching with no hand movement	
Cross body punches (weight)	Increase weight	Decrease speed with no weights	
Marching with High knees / arm swing	Increase Pace	Marching with no hand movement	
Side-Step	Increase speed	Decrease speed	

1 minute Water Break

Pull up a chair to have beside you:

Cool down: (5 minutes)

Seated

Neck rolls (30 seconds)

Cross body shoulder stretch (15 seconds each side)

Trunk rotations (30 seconds)

Seated Glute Stretch (15 seconds each side)

Seated cat-cow (30 seconds)

Deep breathing (1 minute)