

Morning Energizer

Department: Independent Living Skills

Priority: Core class—high priority

Overall purpose of class:

Gentle all upper body warm up for people with heart restrictions or hemiplegia who cannot tolerate more vigorous aerobics. Exercises are designed so that students move their paralyzed limbs with their good limbs.

Number of classes held per week:

This class is offered daily.

Optimum class time:

Warm up class so it is offered first thing in the morning.

Instructor requirements:

One OT or trained assistant—the instructor assists with positioning

Number of students:

Up to 20

Student ability range and limitations:

All students can be accommodated in this class.

Space and Equipment requirements:

- Chairs
- Room big enough for a circle
- Most chairs without armrest
- CD player and lively music
- Parachute, balls, music makers, balloon

Student Needs to be met from the perspective of the instructor:

- Gentle movement
- Range of motion
- Socialization
- Warm up for day

Typical Student Goals that lead to placement in the class:

Students with hemiplegia who want to learn ways to exercise request this class, as well as those who have exercise restrictions but desire activity.

Suggested Lessons and Activities:

Purpose:

To breathe and stretch, warming up for the day's activities.

To connect with other students, the staff and elements that are going on in the center or community.

To perform an energetic activity (e.g., balloon volleyball, parachute, etc.), perhaps accompanied by singing, to increase cardiovascular and respiratory function.

Precautions:

Make sure feet are flat on the floor, shoulder width apart. Watch for balance problems and put student in chair with arms if this is a problem.

Be aware of students with heart problems and watch that they don't overdo by lifting arms above heart or breathing heavily. This is meant to be a light workout.

9:30 - 9:40 Welcome Chat

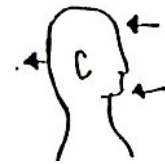
Get people situated and allow for new arrivals to join the group.

9:40 - 9:45 Announcements

Stroke Center activities or events.

9:45 - 10:00 Stretch and Breathe Warmup Exercises

1. Breathing: Sit erect and take two deep breaths. Be sure everyone exhales completely between breaths. Take two more deep breaths, and on exhale, sigh.
2. Chest Lift and Chin Tuck: Sit erect. Lift chest and looking straight ahead, tuck your head in as far as possible without bending your head forward. Slowly move head backwards and hold to count of 3. Relax. Repeat 5 times.
3. Neck Flexion: Start with chest lift and chin tuck, then look down, stretching the back of the neck. hold to count of 5. Relax. Repeat 3-5 times.
4. Neck Sidebends: Start with chest lift and chin tuck, then bend your head to the right side (do not raise left shoulder). Hold to a count of 5. Do exercise to left side. Repeat 3-5 times.
5. Neck Rotation: Start with chest lift and chin tuck, then turn your head to the right side. Hold for count of 5, Do exercise to left side. Repeat 3-5 times.



6. Eyes: look up to the ceiling and back to center 5 times. (Don't allow neck to move.) look down, then back to center 5 times. Repeat to both sides 5 times, going back to center between each repetition.



7. Shoulder Shrug: Shrug shoulders up towards ears while inhaling, lower while exhaling.



8. Shoulder Circles: Make circular motions forward and then backwards with shoulders.



9. Diagonal Arm Movements: Interlace fingers. With straight elbows, bring arms up above right shoulder. Hold momentarily and bring arms down diagonally to outside left ankle. (Keep back straight, chest up, move forward from pelvis.) Repeat to left shoulder--to right ankle.

10. Arms Overhead: Bring arms straight above head; then touch behind neck. In this position, bring elbows to front of body, toward midline.

11. Arms Overhead Together: Interlace fingers. Slowly bring both extended arms above head. Hold. Repeat 1 time.

12. "Cradle Rock": Cradle weaker arm under elbow. Rock arms side to side slowly (5 times each side).

13. Trunk Rotation: Slowly rotate trunk to right and hold to count of 5. (Watch balance; hemiplegic arm supported with stronger arm to turn body.)

14. Weight Shifting and Trunk Elongation: Shift weight onto right buttock and reach up with right arm. Hold for a count of 5. Do exercise on the left side. Repeat 3-5 times.

15. Knee Flexion: With knee flexed 90°, raise right knee up and hold briefly, repeat with left knee. (5 times each knee.)

16. Hip Adduction/Abduction: With feet planted shoulder-width apart, bring knees together (adduction). Then separate knees as wide as possible (feet don't move). Repeat 5 times.

17. Leg Crosses: Cross right leg over left leg at knees, plantar flex and dorsi flex ankle (right) 5 times; then circle 5 times in both directions. Repeat with crossing left leg over right, left ankle extends/flexes 5 times and 5 circles to both directions.
18. Leg Raise: Cross ankles, raise both legs With knees extended, slowly; 5 times.
19. Back Stretch: Clasp hands and lean forward slowly. Sit back erect in chair. Repeat 5 times. Same exercise, but slide hands down left leg and then right leg.
20. Foot Lifts: Lift right foot, straightening out right leg. Do slowly, hold when extended, lower slowly. Do exercise with left foot. Repeat 3-5 times.
21. Ankle Circles: Lift right foot and make 5 ankle circles. Do exercise with left foot.

10:00 - 10:10 Energizing Activity such as balloon volleyball, parachute bean bag toss, hula

10:10 Thought for the Day