

## Mobility 4

**Department:** Mobility and Fitness

**Overall purpose of class:**

Mobility 4 is a combination of standing exercise, symmetrical exercise and gamefield. It is the mobility class for those students who are able to actively participate in both standing and mat activities. Generally these students are independent walkers and want to increase their overall fitness levels, endurance and flexibility. These are students who are challenged in unusual or rougher terrain than normal, and/or whose movements need to be more fluid and harmonic. It is an advanced balance class with a focus on improving symmetry of movements, balance, posture and flexibility. Classes are conducted inside, outside and at our "par course."

Our gamefield utilizes a community outdoor par course, available for use by the general public. It is located in a wooded area adjacent to our center. There are 15 different stations in the course that spans ½ mile.

Students participating in the class have functional range-of-motion of both arms and walk independently with good balance. Students who are strong and independently mobile with the aid of a brace, cane or walker can benefit also with individually adapted activities.

**Priority:**

At our Center, approximately 20% of the population can qualify at any one time. It is a high priority class for them and a moderate priority from the perspective of the overall program.

**Number of classes held per week:**

Daily

**Optimum class time:**

Can be offered in the afternoon, because the students who take the class are not as subject to fatigue as their less advanced peers.

**Instructor requirements:**

One with an optional assistant.

**Number of students:**

Twelve

**Student ability range and limitations:**

Students need good upper range of motion, at least in non-affected side. They need to be able to walk competently and safely on flat surfaces.

**Space and Equipment requirements:**

Exercise bikes for warm up. Exercise balls for indoor activities. Varied and challenging outdoor walking surfaces and areas.

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

Students are offered this class, when staff determines that improvement is needed in symmetry of movement, balance posture and full body flexibility.

**Student Goals that lead to placement in the class:**

Students request placement in this class when, despite being very independent, they experience difficulty in terrain that is not flat and smooth. Common complaints are difficulty in gardening, walking across gravel or fields. They may express a need to increase their overall endurance and/or to spend more time outside.

**Mobility 4—Sample Exercises and Gamefield****SYMMETRICAL EXERCISES**

**PURPOSE:** To improve symmetry, balance, posture, flexibility, range-of-motion, and leg strength.

All exercises are to be done with:

1. Slow, controlled movements.
2. Feet 6-8 inches apart (shoulder width) for good balance.
3. Hands shoulder width apart and elbows straight unless stated otherwise.
4. Good posture, standing straight.

**INDEPENDENT EXERCISES:**

1. **SIDE TWIST AT SHOULDER LEVEL, CANE HORIZONTAL**  
Hold cane horizontally with both hands in front and at shoulder level. Twist slowly to the right and slowly return to center. Repeat 3 times. Reverse sides and twist to left 3 times.
2. **SIDE TWIST WITH RAISED ARMS, CANE HORIZONTAL**  
Hold cane horizontally with both hands overhead. Twist to right and return to center. Repeat 3 times. Reverse sides and twist to left 3 times.
3. **STRETCHING OVERHEAD AND DOWN TO TOES, CANE HORIZONTAL**  
Hold cane horizontally in front. with both hands. Inhale and raise cane overhead. then pull cane slightly backwards. While exhaling slowly lower cane to floor, bending knees and trunk as you reach down. Return to standing. Repeat this sequence 3 times.
4. **SIDE STRETCH WITH CANE IN VERTICAL POSITION**  
Hold cane vertically in right hand about shoulder level and out to the side. Using cane mainly for balance, raise the left hand up and over the head stretching the left side of the body. Return the left hand down to the side. Repeat this stretch 3 times. Reverse cane position and stretch the right side 3 times.
5. **LUNGING FORWARD AND LIFTING CANE OVERHEAD**  
Hold cane horizontally in front. Take a lunging step forward with the right foot. Keep

the right knee bent and the left leg straight and turned outward at a 45° angle. Inhale and lift the cane overhead. Exhale and bring the cane down while returning to standing position. Repeat the sequence 3 times. Change position bringing the left leg forward. Repeat 3 times.

6. LUNGING FORWARD AND TWISTING TO THE SIDE. CANE HORIZONTAL

Hold cane horizontally arms down. Take a lunging step forward with the right leg. Keep the right knee bent and the left leg straight and turned outward at a 45° angle. Raise cane to shoulder height and twist slowly to the right. Return to center bringing arms down and stepping back to standing position. Repeat this sequence 3 times. Change position, bringing the left leg forward. Repeat this 3 times.

7. LUNGING FORWARD AND TWISTING TO SIDE. CANE DOWN TOWARD FLOOR AND BEHIND

Hold cane horizontally with arms down. Lunge forward with right leg. Keep right knee bent and left leg straight and rotated outward at a 45° angle. Raise arms to shoulder height. twist to left while aiming the cane down towards the floor and behind. Keep the head facing forward. Return to standing position with arms forward and down. Repeat this sequence 3 times. Change position. lunging forward with the left leg and twisting to the right. Repeat 3 times.

8. RANGE OF MOTION FOR SHOULDER JOINT

Hold cane horizontally with the- arms far apart. Lift cane overhead, behind, and down the backside. DO NOT STRAIN. GO ONLY AS FAR AS IS COMFORTABLE. Return cane to beginning position by lifting up the back, over the head and down. Repeat this 3 times.

9. RANGE OF MOTION FOR SHOULDER JOINT AND SIDE STRETCHING

Hold cane vertically with the right hand placed about one foot above the left. Lift cane vertically up and over the head to the back. BE CAUTIOUS OF PERSON BEHIND. Bring cane back to beginning position. Repeat 3 times. Change hand positions placing left hand above right. Repeat this sequence 3 times.

10. ARM AND CHEST STRETCH, CANE VERTICAL

Hold cane vertically with right hand, arm at shoulder height and straight in front. While inhaling, rotate trunk and arm to the right, placing cane as far behind as possible. While exhaling, bring cane around the front, crossing the body and twisting to the left as far as possible, placing the cane on the floor. Inhale and repeat the sequence, opening the chest area while twisting to the right, exhaling while twisting to the left. Repeat this sequence 3 times. Change arm position, holding cane with the left arm. Repeat 3 times.

11. MODIFIED SQUAT, CANE VERTICAL

Hold cane vertically with both hands, arms out straight in front at shoulder height. Inhale. then while exhaling. slowly bend knees and walk down the cane with the hands keeping the back straight Inhale and walk hands up the cane while rising up on the toes. Exhale and return to center position. Repeat 3 times. This exercise may also be done keeping hands in one position, thereby stretching the upper back.

12. SIDE SWINGING WITH BENT KNEES, CANE HORIZONTAL

Hold cane with both hands more than a shoulder's width apart and down in front. Swing cane to the right, moving arms sideward and upward. Bring cane down to

center while bending the knees. Swing cane to the left, upward and sideways while straightening the knees. Work towards making the movement fluid, bending the knees as the arms come down and straightening as they move upward. Repeat the sequence 3-6 times.

### EXERCISES PERFORMED WITH A PARTNER

1. **ARM CIRCLING WITH PARTNERS FACING STRAIGHT AHEAD. CANE HORIZONTAL** Partners stand straight, facing forward and a cane's length apart. Each person holds on to one end of the cane with the outside arm. Slowly and together make a circle with the arms in a clockwise direction. Repeat 5-10 times.

Reverse direction and circle counterclockwise 5-10 times.

\* Partners now turn and face the opposite direction, changing so that the exercise is done holding the cane with the opposite arm on the outside of the cane.

2. **PARTNERS STANDING BEHIND ONE ANOTHER AND SWINGING TWO CANES**

One person stands behind the other, a cane's length apart. Hold one cane on each side. Both partners step forward with the right foot, swinging the left cane forward and right cane back. Partners then step back with the right foot, swinging the right cane forward and left cane back. (Arm should move forward with opposite leg.) Repeat stepping forward and backward with the left leg.

\*Change and step forward and backward on the opposite sides. Repeat the movements 5-10 times.

3. **PARTNERS STANDING BEHIND ONE ANOTHER, ARM SWINGING AND CIRCLING**

One person stands behind another, each holding one end of the cane with their right hand. Slowly swing arms forward and backward. Next, begin to make arm circles forward 5 times and backward 5 times. Change cane to the left side and repeat the exercise, swinging and making circles forward 5 times and backward 5 times.

\*This exercise can be made more fluid by twisting the trunk while the arms swing forward and backward and by bending the knees as the arms come down, straightening the knees as the arms swing up.

### EXERCISES PERFORMED IN A LINE

1. **PASSING CANE OVERHEAD, CANE HORIZONTAL** Students stand in a line, one person behind the other. The front line person holds the cane horizontally with both hands, lifts the cane up and over the head, passing it to the person behind. Repeat on down the line. The instructor may receive the cane at the end and bring it to the front, or the students may pass the cane back to the front using the same movement. Repeat 3 times.
2. **PASSING CANE VERTICALLY AND TO THE SIDE** Students stand in a line. The front line person holds the cane vertically at shoulder level with both hands. Front line person then twists to the right and passes the cane to the person behind. The person then receives the cane on the right, twists to the left and passes it to the

person behind. Continue with this pattern, alternating from right to left to the end of the line. The instructor may receive the cane from the last person and return to the front, or students may pass the cane back to the front using the same movement. Repeat the sequence passing to the left. Repeat 3-6 times.

3. **PASSING CANE VERTICALLY TO SIDE WITH ONE HAND** Same as above but holding the cane with only one hand. Holding the cane in the right hand as you twist to the right.
4. **PASSING THE CANE BETWEEN THE FEET** Stand straight with legs about 2 feet apart. Front line person places cane on the floor between the feet, bending at the hips and knees while keeping the back straight. Front line person passes the cane between the legs to the person behind. Students should try to keep the cane on the floor at all times. Instructor may again receive the cane from the last person and return it to the front to repeat the sequence. Repeat 3-6 times.

### **Students on stretching station of the Gamefield**

