

SilverSneakers Stability Sample Class

SilverSneakers Stability is a drills and skills class designed to improve balance, agility, mobility and power in an older adult. All functional movements require a working balance system from walking down the street, to dancing, to executing a squat.

It is recommended that you perform off-balance exercises at the beginning of your workout before your muscles become fatigued. Progress slowly, starting by standing on both legs, then one leg. Add arm movements and progressions only after mastering simpler moves. A recommendation is to train in the sagittal plane first, as that is the first plane we wake up in every morning.

Cues may include:

- Keep your chin and shoulders level
- Imagine there is string connected to the top of your head that is being pulled toward the ceiling
- Long and strong spine
- Aim for controlled instability
- Move the shoulders and hips together
- Balance exercises may and should be done every day for best result
- Practice makes PER...MANENT! Need to practice correctly

Be sure to cue for breathing, posture, hydration and perceived exertion.

Warm-Up and Range of Motion

(Standing)

1. Walk in place (sagittal plane), single arm pumps forward and back, push & pull arms x16
 - Cue: Walk at your own pace, weight shift
 - Cue: Shift weight to one direction by sliding hips and shoulders to that direction.
 - Progression: Walk fast 16x
2. Tap toe front, side, back, center, repeat L 4x each side (sagittal, frontal), hands on hips
 - Cue: Draw a semi-circle with toe 180^o, circle - 360^o
 - Progression: Sweep toes, front, side, back, center
3. R heel, R toe, R knee lift, step center, repeat L (sagittal), hand on hips 4x
 - Progression: Increase speed repeat R & L 4x
 - Progression: Hold knee up and add ankle circles
 - Cue: Flexibility of talus bone to enhance walking
4. Swing R leg F & B (hip flexion and extension) step center, repeat swing L leg F & B step center, arms swing F & B 4x
5. Step back R, step back L ,4x, step back R, hold (hip extension) anterior double arm raises, repeat L
 - Cue: Feel the tension along the front of your thigh as the leg lifts forward, feel the tension along the back of your thigh as the leg lifts backward.
6. Lift R heel, reach arms F, shoulder height, add overhead reach, pelvic tilt, lift hip up, add biceps curl (sagittal)
7. Lower into half lunge, step center, add hug, chest expansion, repeat 5&6, L leg lead 4x

8. Lift R Knee Figure 8x (internal and external rotation of hip), repeat L

Get water – PE Check

Work: Static Balance

1. Double heel lift – hold x5 sec., repeat 2x
 - Progression: Add single overhead reach, add double overhead reach hold x 5 sec., repeat 2x
2. Double toe lift – hold x 5 sec., repeat 2x
 - Progression: Add single arm overhead reach x 5 sec., repeat 2x
3. Chin to chest stretch – hold 5 - 10 sec., repeat 2x
 - Cue: Slowly tuck the chin toward the chest while exhaling, hold x 5 sec., breathe evenly.
 - Cue: Inhale raise the head back to starting position, one vertebra at a time.
4. Squat – hold x 5 sec.
 - Cue: Step of chair, hip hinge and push knees out, torso aligned, neutral spin
 - Progression: Hold, lift heel x 5 sec.
5. Forward lunge R – hold 5 sec., repeat L
 - Progression: Lower center of gravity – hold 5 sec.
 - Cue: Stand tall with feet parallel and hip width apart, step F with R and bend knee so that it is aligned with ankle joint, lower the knee of the back leg slowly, hold for 5-10 sec., return to starting position
6. R lateral toe touch, hold 5 sec., repeat L
 - Progression: Lift R leg, hold, reach arm to side or raise arm out on angle, hold 5 sec.

Work: Dynamic Balance and Gait

1. Body circles - sway in a circle R to L 4x, stand with feet shoulder width apart, add arms out to side for more support. Repeat sway L to R 4x
 - Progression: Narrow base for greater challenge, or hold a sheet of paper with both hands and read while swaying, breath.
 - Cue: Remember to lean from your ankles and keep your spine lengthened
 - Cue: Keep torso straight
2. R single leg balance with knee flexion, knee to knee, lower R toe to floor 8 x's
 - Progression: Knee flexion with 8 bicep curls, add knee lift (hip flexion), add 8 L single-leg squat, repeat L
 - Cue: Feel your center of gravity over your ankles
3. Spinal rotation - wide stance, anterior arm lift, rotate R, center, repeat L, alt, R & L 8x
 - Progression: Tandem stance, tightrope stance, tandem stance with heel lifts
4. Half-braid - step side to the R and move the L foot in front of the R foot (midline) Repeat L x 8x
 - Progression: Step R, tap the left toe to F of R foot, tap behind R foot x4, Step L, tap R toe to F of L foot, tap behind L foot 8x
5. 12 o'clock arm reach – double overhead arm reach 4x
 - Progression: Add knee lift (hip flexion) 4x

6. 6 o'clock arm reach – both arms by side, (midline) 4x
 - Progression: R lunge back, push center, L lunge back, push center 4x
7. 3 o'clock reach – single arm reach R, shoulder height 4x
 - Progression: Lateral R leg lift 4x
8. 9 o'clock reach – single arm reach L, shoulder height 4x
 - Progression: Lateral L leg lift 4x

Get water – PE Check

Work: Somatosensory Variations

1. Stand with feet together, cross arms at chest hold for 30 sec.
 - Progressions: Repeat close eyes, option one hand on chair, repeat tandem stance R & L
2. Walk F 4 steps & B 4 steps – chin parallel to floor 3-5 times repeat 4x
 - Progression: Walk F, look R & L 4 x, walk B, look R & L 4x. Hold imaginary sheet of paper in your hand, walk F and turn head and read paper (cognitive development)
3. Walk F 4 steps & B 4 steps – lower chin to chest, return to head neutral
 - Cue: Breathe, ribs lifted, shoulders up, back and down, maintain a “tall” posture as you walk. Keep your eyes focused forward on a vertical target at eye level. Find a new vertical target with head turn.
 - Cue: Walking is a controlled fall. Each time you take a step, you put out your other foot, which prevents you from falling. Hip, knee, ankle strategy, all three joints should be aligned.
4. Single leg stance - imaginary ball toss R to L, toss L, look R, toss R, look L 8x
 - Progression: Walk around the chair and toss
 - Cue: Proprioceptive acuity improves following motor learning

Cool-Down

1. Spinal rotation-split stance variations. Semi-tandem, tandem, and tightrope with heel lifts.
2. March, reach R arm front, shoulder height, lift arm, overhead, reach arm out to R side, eyes follow, 4x repeat L 4x
 - Progression: R toe touch F, reach R arm F (shoulder height), R toe touch side, add R arm open out to side, turn head, gaze follows, repeat L
3. Slowly turn head to the R and L 8x (driving exercise)
 - Progression: Add holding a steering wheel, add spinal rotation with head turn R & L

Final Stretch

(Seated; Cue: Let your own personality shine)

1. Extend R leg F, hamstring stretch, hinge F, extend R arm, circle wrist, touch thumb to tip of each finger
2. Lower R toe to floor, stretch, tibialis anterior, draw foot and heel under chair for gastrocnemius stretch
3. Lift R knee, hold under R thigh, point, flex, circle ankles

4. Turn R, seated lunge, lean F, extend L arm, lean back, and hold
5. Come back center repeat 4 stretches above L
6. Back to center, hold back of chair and lean F
7. Face forward on chair with both feet on floor, shoulder width apart
8. Raise arms overhead, touch shoulder with middle finger, stretch tri-ceps give shoulder massage
9. Chest expansion, reach both arms out to sides, bring your palms together at heart center
10. Heel raise, toe point, and curl toes
 - Cue: Raise R heel, hold 5 sec., continue to lift heel until tips of toes are touching, hold 5 sec.
11. Toe stretches – drive R big toe down, lift 4 toes on R foot, lower 4 toes, lift big toe, repeat L foot

Get water – PE Check

Relaxation

1. Cue: Sit back in your chair. Soften gaze, close your eyes or take your eyes to your thighs. Notice your breath, inhale and exhale through the nose, exhale through mouth. Have an attitude of gratitude.
2. Say 3 positive affirmations:
 - May I be gentle, may I be calm
 - May I be strong, may I be healthy
 - May I be strong and healthy in body and in mind
 - Have students repeat silently to themselves.
3. Open eyes, inhale, arms reach overhead, bring in positive energy, bring arms by side and release, negative energy, pain, fatigue draw hands together at heart center.