

PIVOT

PHYSICAL THERAPY

PIVOT Physical Therapy
is inviting you to a
scheduled Zoom meeting.

Core and Back Strengthening

October 20, 2020 at 10:00am

Renee Sherman is inviting you to a scheduled Zoom meeting.

Topic: Strengthening your core and back to maintain proper balance

Time: Oct 20, 2020 10:00 AM Eastern Time (US and Canada)

Join Zoom Meeting

[https://zoom.us/j/98879197471?
pwd=Z0QxVUJnOQVHUhE1NVFBZWs3WjEwdz09](https://zoom.us/j/98879197471?pwd=Z0QxVUJnOQVHUhE1NVFBZWs3WjEwdz09)

Meeting ID: 988 7919 7471

Passcode: L9e5uB

Prevent falls by Reducing Urinary Urgency and Leaks

October 27, 2020 at 10:00 am

Renee Sherman is inviting you to a scheduled Zoom meeting.

Topic: Preventing falls by reducing urinary urgency and leaks

Time: Oct 27, 2020 10:00 AM Eastern Time (US and Canada)

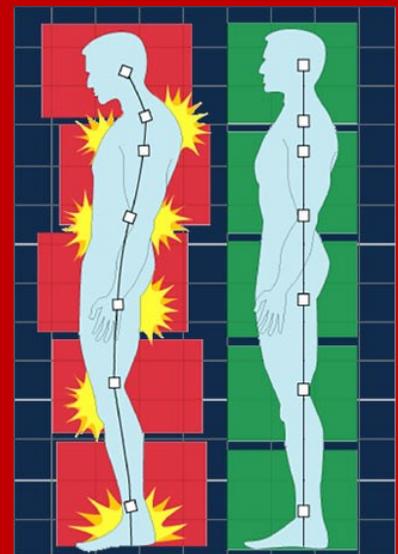
Join Zoom Meeting

<https://zoom.us/j/98696449447?pwd=WFdneVg4TVNHUHFyNGRWNUFnTjI8dz09>

Meeting ID: 986 9644 9447

Passcode: GC8si4

**** Below are exercises that were discussed during previous Pivot zoom meetings to help with fall prevention that can be done in your home.**



The Americans with Disabilities Act applies to the Carroll County Government and its programs, services, activities, and facilities. Anyone requiring an auxiliary aid or service for effective communication or who has a complaint should contact The Department of Citizen Services, 410.386.3600 or 1.888.302.8978 or MD Relay 7-1-1/1.800.735.2258 or email ada@carrollcountymd.gov as soon as possible but no later than 72 hours before the scheduled event.



Standing hip flexor stretch

REPS: 3	HOLD: 30 SECOND	DAILY: 1	WEEKLY: 7
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Performed on each leg

Setup

Begin in a standing upright position with your hands resting on a counter.

Movement

Step one leg straight backward, bending your front leg until you feel a stretch in the calf of your back leg and hold.

Tip

Make sure to keep your heels on the ground and your back leg straight during the stretch.

Standing hip flexor stretch

REPS: 3	HOLD: 30 SECONDS	DAILY: 1	WEEKLY: 7
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Perform on each leg

Setup

Begin in a standing upright position with your hands resting on a counter.

Movement

Step one leg straight backward, bending your front leg until you feel a stretch in the front of your back leg --stand up with tall posture

Tip

Make sure to keep your heels on the ground and your back leg straight during the stretch.

Seated Hamstring Stretch

REPS: 3	HOLD: 30 SECONDS	DAILY: 1	WEEKLY: 7
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Perform on a sturdy chair w/ legs (NOT wheels) for safety. Perform on both legs

Setup

Begin sitting upright in a chair.

Movement

Place one leg straight forward, then lean your trunk forward, hinging at your hips until you feel a stretch in the back of your leg and hold.

Tip

Make sure to keep your knee straight during the stretch and do not let your back arch during the stretch.

Seated Pelvic Tilt

REPS: 10	DAILY: 1	WEEKLY: 7
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Can be performed sitting with back against chair and pushing back into the back rest for feedback

Setup

Begin sitting upright in a chair with your hands on your hips.

Movement

Gently tilt your pelvis backward, then return to a neutral position, and tilt it forward. Repeat, monitoring the movement with your hands.

Tip

Make sure to keep your upper back relaxed during the exercise, and focus the movement just on your pelvis.

Neck Retraction

REPS: 10	DAILY: 1	WEEKLY: 7
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Can also be performed standing against the wall as we discussed during the Zoom meeting

Setup

Begin sitting upright.

Movement

Gently draw your chin in while keeping your eyes fixed on something in front of you. Relax and repeat.

Tip

Make sure that you do not look down as you do this exercise, or bend your neck forward. Stop if you start to feel dizzy. You should not feel any strain or pain.

Seated Shoulder Blade Squeeze

REPS: 10	SETS: 2	DAILY: 1	WEEKLY: 7
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Perform sitting with back facing back rest for increased safety

Setup

Begin sitting in an upright position.

Movement

Gently squeeze your shoulder blades together, relax, and then repeat.

Tip

Make sure to maintain good posture during the exercise.

Standing Y's

REPS: 10	DAILY: 1	WEEKLY: 7
		

This is a variation of the seated and Standing Y's we did together during the Zoom meeting *May be performed as described above, or seated in chair (with tall posture), or standing with your back against the wall

Setup

Begin in a standing upright position facing a wall.

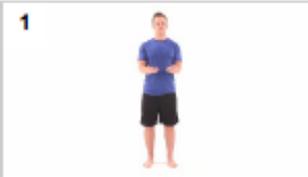
Movement

Rest both hands on the wall with your palms facing inward, then slide them up the wall in a diagonal direction. When your arms are straight, raise your hands a few inches from the wall, activating your shoulder muscles. Bring your arms back down and repeat.

Tip

Make sure to keep your back straight and do not shrug your shoulders during the exercise.

Standing Shoulder Blade Squeeze with External Rotation

REPS: 10	DAILY: 1	WEEKLY: 7
		

Can be performed seated in chair, or standing

Setup

Begin in an upright standing position with your arms by your sides. Bend your elbows to approximately 90 degrees with your palms up.

Movement

Slowly rotate your forearms out to the side. As you do so, pinch your shoulder blades down and back together. Pause briefly, then return to the starting position and repeat.

Tip

Make sure that you keep the bend in your elbows as you rotate your arms. Avoid shrugging your shoulders.

Wall Angels

REPS: 10	DAILY: 1	WEEKLY: 7
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Setup

Begin in a standing upright position with your back against a wall.

Movement

Raise your arms out to the side with your elbows bent to 90 degrees, and rest them against the wall. Slowly slide your arms straight up the wall, then lower them back to the starting position and repeat.

Tip

Make sure to keep your back and arms in contact with the wall, and do not shrug your shoulders or arch your lower back during the exercise. Only raise your arms as far as you can without causing pain.