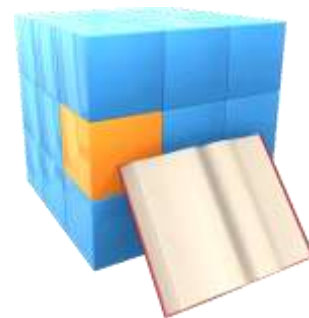


# MOVEMENT MOBILIZES - EVEN AT AN ADVANCED AGE



## ELDERLY GYMNASTICS



with Resi the  
gymnastics fairy

**Motto**  
Movement with fun und joy



**Appointments in retirement home Waldpark: see posting !!**



## Overview

- **Moving is Life**
- **Resi's gym hours**
  - How is the exercise program structured?
  - Which parts of the body / muscle groups are activated?
  - Overview of the muscles with technical terms
- **Gymnastics in the elderly care**
- **Work material**
  - Mobilisation (1)
  - Stretching (2)
  - Stabilisation (3)
  - Strengthening (4)
  - Dexterity (5)
  - Relaxation (6)
  - Combination exercise (7)
- **Videos**
  - Mobilisation - legs (1-4)
  - Mobilisation - head and eyes (5)
  - Mobilisation - arms (6-7)
  - Stretching - upper body, arms and wrist (8-9)
  - Stretching - upper body, and legs (10-13)
  - Stabilisation - neck and upper body (14-15)
  - Stabilisation - legs (16-17)
  - Stabilisation - head and neck (18)
  - Strengthening - upper body and legs (19-21)
  - Dexterity - upper body, hands and legs (22-23)
  - Relaxation - arms and upper body (24-25)
  - Combination exercise - shoulder and torso (26-27)
- **References**

## Moving is life

Permanent sitting or even bedriddenness can become a problem quickly. Therefore, it is important to be active every day and perform physical exercises.

In old age it does not matter, to complete a comprehensive training program with stressful exercises. Some deliberately conducted mobilizing, stretching, strengthening, relaxing and gentle movements in the body's functions, without causing pain, can keep fit.



However, this message is still not sufficiently recognized in the population.

Especially in old age - home or nursing home - it is important that people


- perform gymnastic exercises regularly to keep their joints mobile, to strengthen the senses and to stimulate the muscles
  - perceive their bodies to minimize personal limitations with simple movements
  - learn that movement benefits and makes life easier. Lost quality of life can be revived and pain medication may be reduced.
- 
- Gymnastics performed collaborative has many advantages.
  - The cooperation promotes motivation for moving and for an active life. They meet with peers, talk and support each other.
  - A good guide is advantageous. The He / She needs flair for the elderly.
  - The exchanges and laughter are just as important as physical contact and practising in the fresh air for practice sessions.



- In addition, group exercises significantly counteract aloneness that comes often with apathy and disinterest.

## Resi's gym hours

Therese Kölzer's gymnastics shows that it is possible to be active even at an advanced age and to take delight in doing collaborative exercises. Mrs Kölzer is 87 years old and she has been working for 9 years volunteer with the elderly.

We introduce 2 lessons of Mrs Kölzer. The videos show her as trainer with her exercise programs, which she conducts with the elderly in the nursing home and the senior group of the local sports club in the town hall. With our filming we turn our focus on the trainer. ▶  1-27


The exercise director "Resi", as she is affectionately called by her protégés, knows which movements are good for older people! Finally, she is itself as old or even older than the participants. She has early recognized for herself that movement is very important in life. After an accident, she has fought back through therapeutic exercises in a pain-free life and became well acquainted with her body by that.

Today she is not practising alone any longer, but passes on her knowledge and energy to the people around her in two exercise groups. From her personal speech, her discretion, her openness, her uplifting, joyful and determined style, all participants are delighted. Thus, the participants look forward to each new lesson with Resi.



Mrs. Kölzer would help the citizens to preserve their mobility or even to get mobile again. She sets the participants a convincing example that one can stay active with movement. So it is important to her that the elderly do not have any problems to perform their daily activities, such as cooking for themselves, washing alone or raising a cup. Mrs. Kölzer would help the participants to retain their independence longer.

### How is the exercise program structured?

The collection of exercises is designed for the entire body. Adapted to the respective current performance level of the participants, Mrs Kölzer designs the reps and the sequence of exercises. She expects about 10 repetitions from every participant. Generally, she mixes mobilization and stabilization exercises with stretching, loosening and relaxation exercises. Her program is rapid in progress and is accompanied by comments on the execution conditions and functions. In different exercise phases she allows short personal calls, without interrupting their routine. This creates a relaxed exercise atmosphere. ▶  1-27

Mrs. Kölzer currently uses training opportunities to offer her program always in new and diverse ways.

### Which parts of the body / muscle groups are activated?

The exercises of Therese Kölzer refer to the following body parts: Eyes, throat / neck, shoulders, torso, chest, arms, fingers, pelvis and legs.



Mobilization refers to the upper and lower extremities. The primary goal is to counteract neck and shoulder problems as well as a hip fracture. The eyes are also activated and stimulated by mobilizing.

Stretching involves shoulders, fingers, chest and legs. These body parts are to be held "smooth and easy".

Stabilisation involves neck, arm, chest and also gluteal and leg muscles.

With strengthening exercises the muscle development shall be animated. Both the upper body and the legs are taken into account. Strong muscles support the joints and guard against injuries.

The dexterity exercises involve more sections as the upper body, hands and legs. A good dexterity promotes dealing with everyday situations, such as to button clothes or to take medications.

The relaxation exercise involves active tapping and stroking of back and arms. In the centre of this are the promotion of blood flow and muscle stimulation.

Combination exercises include exercises of various areas, such as mobilization, stretching and relaxation.



## Gymnastics in elderly care

In elderly care theory the activating care is suggested. This includes Gymnastics. It serves as a preventive measure for health promotion. Unfortunately gymnastics classes are considered as uneconomical in retirement homes. Therefore, they are offered insufficient.

The elderly-related prevention is barely or even not supported by the health insurance funds, because they are still too focused on the professionally active health insurance members.

For prevention and health promotion about 5% of the total budget of health expenditures are made. This shows that a serious rethink in this section has to happen. If the health insurance funds still not realise the importance of preventive measures, taxpayers have to face high costs.

Mrs. Kölzer advocates that gymnastic exercises / gymnastics units get a firm place in everyday life. Because so everyone benefits. People regain or improve their mobility, feel better in their retirement homes and for nurses it is more pleased and lighter to care.

A commitment for movement is currently needed! So Mrs. Kölzer talks openly about the problem with health insurance funds. She represents her intention: movement - instead of pills.

**Movement is the bridge to a healthy soul.  
Exercise strengthens body and soul.**







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# Mobilisation

## Legs

▶ 1-2	Exercise	Description and Purpose
<b>Active swinging of legs in sitting and standing position</b>		<ul style="list-style-type: none"> <li>- swing your leg back and forth about 10 times</li> <li>- lift your body with the strength of your arms till half height and rest in this position</li> </ul> <p><b>Purpose</b></p> <ul style="list-style-type: none"> <li>- Leg muscle mobilisation</li> </ul>
<b>Cross mobilisation of legs</b>		<ul style="list-style-type: none"> <li>- cross over your legs responsively in knee height</li> <li>- both legs are raised</li> <li>- before crossing over your legs bend your knee joint and pull your leg towards your body</li> </ul> <p><b>Purpose</b></p> <ul style="list-style-type: none"> <li>- Hip joint mobilisation</li> </ul>



## Legs


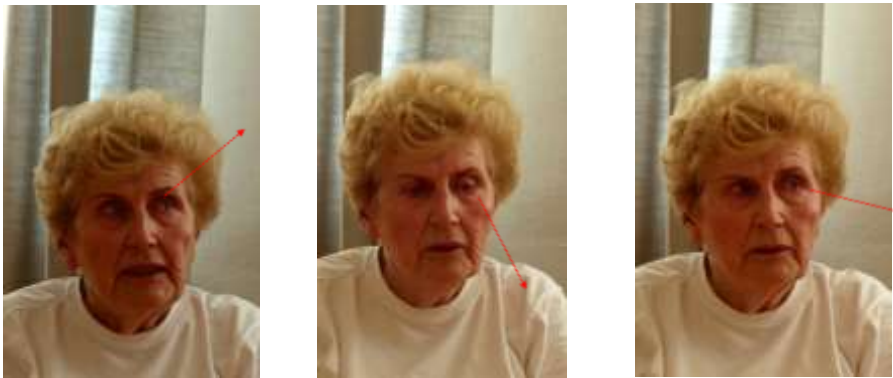
▶  3-4	Exercise		Description and Purpose
<p><b>Active cycling in back position</b></p>			<ul style="list-style-type: none"> <li>- Move your legs as if you were cycling</li> <li>- Pause after 20 to 30 seconds</li> </ul> <p><b>Purpose</b></p> <ul style="list-style-type: none"> <li>- Leg muscle mobilisation</li> <li>- Relaxation and strengthening of leg muscles</li> </ul>
<p><b>Lateral abduction with support</b></p>			<ul style="list-style-type: none"> <li>- Hold to a chair with both hands</li> <li>- One leg is firmly on the ground and the other is stretched sideways</li> </ul> <p><b>Purpose</b></p> <ul style="list-style-type: none"> <li>- Hip joint mobilisation</li> <li>- Strengthening of leg muscles</li> </ul>





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## Head and Eyes

▶  5	Exercise	Description and Purpose
	<ul style="list-style-type: none"> <li>- Move your eyes to the left, to the right and up and down</li> <li>- Then rotate your eyes in a circle</li> </ul> <p><b>Purpose</b></p> <ul style="list-style-type: none"> <li>- Eye mobilisation</li> </ul>	



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## Arms

▶  6-7	Exercise	Description and Purpose
<p><b>Shoulder exercise</b></p> <p>"flying arm"</p>		<ul style="list-style-type: none"> <li>- Raise your stretched arms alternating over shoulder height</li> </ul> <p><b>Purpose</b></p> <ul style="list-style-type: none"> <li>- Shoulder joint mobilisation and relaxation</li> </ul>
<p><b>Arms up in the air</b></p>		<ul style="list-style-type: none"> <li>- Pass the ball with stretched arms overhead</li> </ul> <p><b>Purpose</b></p> <ul style="list-style-type: none"> <li>- Shoulder joint mobilisation and relaxation</li> </ul>









# Stretching

## Upper body, Arms and Wrists

 8-9	Exercise			Description and Purpose
<b>Stretching over-head and over shoulder height</b>				<ul style="list-style-type: none"> <li>- Bend your arm, seated, overhead towards your shoulder axis</li> <li>- Pull your elbow aside with the other arm</li> </ul> <p><b>Purpose</b></p> <ul style="list-style-type: none"> <li>- Arm muscle stretching</li> <li>- Shoulder axis mobilisation</li> </ul>
<b>Overstretching of fingers</b>				<ul style="list-style-type: none"> <li>- One arm is stretched</li> <li>- Finger tips were overstretching with the other arm</li> </ul> <p><b>Purpose</b></p> <ul style="list-style-type: none"> <li>- Increase wrist mobility</li> <li>- Flexibility of tendons and ligaments</li> </ul>






## Upper body and Legs

 10-11	Exercise			Description and Purpose
<b>Chest stretching</b>				<ul style="list-style-type: none"> <li>- Move your elbows with bent arms backwards to your shoulder blade</li> </ul> <p><b>Purpose</b></p> <ul style="list-style-type: none"> <li>- Stretching of shoulder and pectoral muscles</li> <li>- Straightening and opening of the lung</li> <li>- Strengthening of upper back muscles and rear shoulder muscles</li> </ul>
<b>Stretching in lunge position</b>				<ul style="list-style-type: none"> <li>- lateral lunge</li> <li>- One leg bent, one leg stretched</li> </ul> <p><b>Purpose</b></p> <ul style="list-style-type: none"> <li>- Adductor stretching</li> </ul>



## Legs




 12-13	Exercise			Description and Purpose
<b>Stretching with floor contact</b>				<ul style="list-style-type: none"> <li>- Try to reach the floor or your feet with your hands</li> <li>- Legs are stretched</li> </ul> <p><b>Purpose</b></p> <ul style="list-style-type: none"> <li>- Stretching hamstrings</li> </ul>
<b>Leg extension</b>				<ul style="list-style-type: none"> <li>- Move your slightly bent leg towards the ceiling</li> </ul> <p><b>Purpose</b></p> <ul style="list-style-type: none"> <li>- Stretching hamstrings</li> </ul>












# Stabilisation

## Neck and upper body

 14-15	Exercise	Description and Purpose
<b>"Stable head alignment"</b>		<ul style="list-style-type: none"> <li>- Push, seated, slightly with your hand against your head</li> <li>- Head and arm are opposing forces</li> </ul> <p><b>Purpose</b></p> <ul style="list-style-type: none"> <li>- Stabilisation of neck muscles</li> </ul>
<b>Stabilisation of arm and pectoral muscles</b>		<ul style="list-style-type: none"> <li>- Pull open and press your hands together in front of your chest alternating</li> <li>- With bent elbows and seated</li> </ul> <p><b>Purpose</b></p> <ul style="list-style-type: none"> <li>- Stabilisation of arm and pectoral muscles</li> </ul>




## Legs

 <b>16-17</b>	<b>Exercise</b>			<b>Description and Purpose</b>
<ul style="list-style-type: none"> <li>- Lean against the wall with your back</li> <li>- From this position turn into sitting position and back</li> </ul> <p><b>Stabilisation</b> about 10 repetitions</p> <p><b>Purpose</b> glutes and leg muscles</p> <ul style="list-style-type: none"> <li>- Stabilisation of thigh muscles pelvic base</li> </ul>				
<p><b>Stable adductors</b></p>				<ul style="list-style-type: none"> <li>- Raise your right leg</li> <li>- Try to push down your raised leg</li> </ul> <p><b>Purpose</b></p> <ul style="list-style-type: none"> <li>- Stabilisation of thigh and arm muscles</li> </ul>






## Head and Neck

▶ 18	Exercise	Description and Purpose
<p><b>Head stabilisation</b></p>		<ul style="list-style-type: none"> <li>- With your fingertips put pressure on your forehead towards your neck</li> <li>- With your head push against your fingertips</li> </ul> <p><b>Purpose</b></p> <ul style="list-style-type: none"> <li>- Neck muscles stabilisation</li> </ul>





## Strengthening Upper body and legs

▶  19-20	Exercise	Description and Purpose
<b>Strong shoulders</b> <b>"Hands in the air"</b>		<ul style="list-style-type: none"> <li>- Stand with both feet centred on the elastic exercise ribbon</li> <li>- Hold the ends of the ribbon and raise your arms, with slightly bended arms, over shoulder height</li> </ul> <p><b>about 10 repetitions</b></p> <p><b>Purpose</b></p> <ul style="list-style-type: none"> <li>- Strengthening of front shoulder muscles</li> </ul>
<b>Strong legs</b> <b>"Leg extension"</b>		<ul style="list-style-type: none"> <li>- Pull your leg towards your head and stretch it afterwards with the help of the elastic exercise ribbon</li> </ul> <p><b>about 10 repetitions per leg</b></p> <p><b>Purpose</b></p> <ul style="list-style-type: none"> <li>- Strengthening of thigh muscles</li> </ul>



## Legs




▶  21	Exercise	Description and Purpose
<p><b>Legs up alternating</b></p>		<ul style="list-style-type: none"> <li>- Move your stretched leg towards your head in sitting position</li> <li>- Use the elastic exercise ribbon for support</li> </ul> <p><b>Purpose</b></p> <ul style="list-style-type: none"> <li>- Strengthening of arm and hip muscles</li> </ul>





## Dexterity



### Upper body, hands and legs

▶  22-23	Exercise	Description and Purpose
<p><b>Skilful juggling with a ball</b></p>		<ul style="list-style-type: none"> <li>- Juggling of the ball between your legs and behind your back</li> </ul> <p><b>Purpose</b></p> <ul style="list-style-type: none"> <li>- Dexterity and mobility of arms and legs</li> </ul>
<p><b>Skilful transfer overhead</b></p>		<ul style="list-style-type: none"> <li>- Pass the ball with stretched arms overhead</li> </ul> <p><b>Purpose</b></p> <ul style="list-style-type: none"> <li>- Eye-hand coordination</li> </ul>



# Relaxation






## Arms and upper body

▶  24 -25	Exercise	Description and Purpose
<p><b>Soft tapping and soft stroking</b></p>		<ul style="list-style-type: none"> <li>- Soft tapping of arms and shoulders</li> </ul> <p><b>Purpose</b></p> <ul style="list-style-type: none"> <li>- Encourage blood flow</li> </ul>
<p><b>Ball massage</b></p>		<ul style="list-style-type: none"> <li>- Push the ball with your back against a wall and perform circumductions</li> </ul> <p><b>Purpose</b></p> <ul style="list-style-type: none"> <li>- relaxation of the trunk musculature</li> </ul>



# Combination Exercise

## Shoulders and torso

▶  26-27	Exercise			Description and Purpose
<p><b>Ball massage, Ball transfer and Stretching</b></p>				<p>- Roll over the ball; arms raised; bend down forward and raise your stretched arms behind your back</p> <p><b>Purpose</b></p> <ul style="list-style-type: none"> <li>- Torso mobility</li> <li>- Stretching of shoulders and hamstrings</li> <li>- Relaxation of trunk musculature</li> </ul>
<p><b>Ribbon swinging and Stretching</b></p>				

## References

### Illustration / Picture

Number	Creator
Cover	Franz-Josef Kölzer, Therese Kölzer
All pictures	Therese Kölzer with exercise group

### Video

Number	Creator
1-27	Therese Kölzer

### Creator of the article

Author	Consultant	Institution
Therese Kölzer/ Pensioner and trainer in elderly sports David Gossen, Tim Klose/ Students of Education Translation: Sebastian Stein / Student of Education	Minnich, Marlis	Department of Sport Sciences, University of Koblenz - Landau, Campus Koblenz