



Adaptations of Walk With Ease Stretching and Strengthening Exercises for People with Disabilities and Limited Mobility

This tool is designed to be used with Walk With Ease (WWE) participants with varying levels of ability, and includes seated options and arm alternatives to standing exercises. Strengthening activities and stretches are informed by a variety of adaptive physical activity sources, and are intended to help WWE leaders easily adapt exercises for participants at all ability levels.

Prepared by the Lane County NiCIP Committee



**LANE COUNCIL
of GOVERNMENTS** Oregon



Oregon State University
Extension Service



Calf Stretch & Rotator Cuff

Arthritis Foundation: Base Move

To begin: Stand with one foot behind you with your knee straight and heel pressed down.

Movement pattern: Bend front knee and lean forward until you feel a stretch in your back calf (lower leg). Hold.

Target area: Calf muscle, or the back of your lower leg behind you.

Leader cues: Keep front leg bent & back knee straight. Shift weight mostly on front leg.



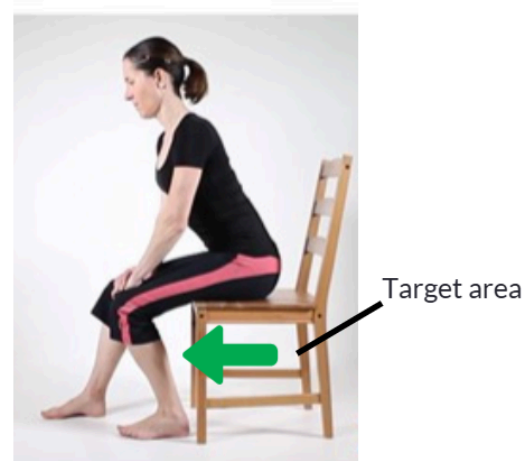
Seated Option

To begin: Sit up straight and slide on heel back under your chair.

Movement pattern: Lean forward until you feel a stretch in your calf. Hold.

Target area: Calf muscle, or the back of your lower leg behind you.

Leader cues: Slide foot as far as you can while leaving your heel on the ground.



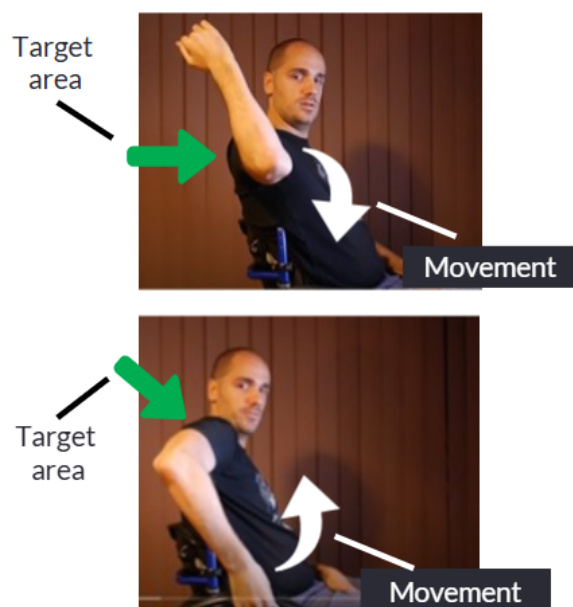
Arm Alternative

To begin: Sit up straight and lift your arm upwards, bent at a 90 degree angle.

Movement pattern: Rotate your hand up and down until you feel a stretch in your shoulder.

Target area: Rotator cuff, or your shoulder.

Leader cues: Sit up tall; Keep elbow as high as you can or 90 degrees as you rotate.



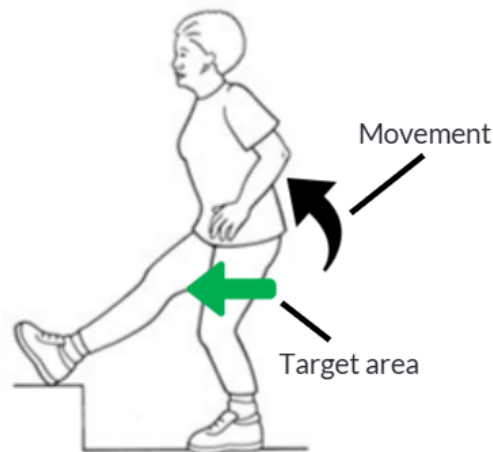
Arthritis Foundation: Base Move

To begin: Using a support for balance, if needed, place your heel on a raised surface, like a step.

Movement pattern: Lean forward until you feel a stretch in the back of your raised leg. Hold.

Target area: Hamstrings, or behind your knee and thigh.

Leader cues: Keep front leg as straight as you can; Hinge from hips; Flex your front foot (toes to the sky).



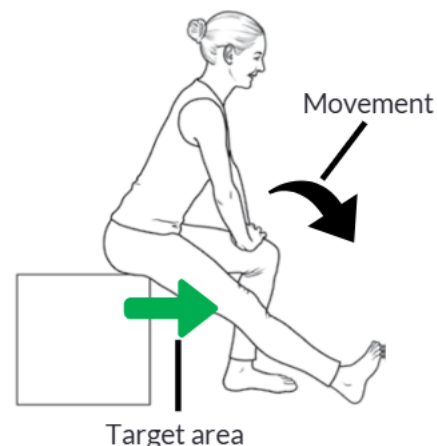
Seated Option

To begin: Sit near the edge of a chair with your heel on the floor. Keep your knee straight.

Movement pattern: Lean forward until you feel a stretch at the back of your front leg. Hold.

Target area: Hamstrings, or behind your knee and thigh.

Leader cues: Keep front leg as straight as you can; Hinge from hips; Flex your front foot (toes to the sky).



Arm Alternative

To begin: Raise your arms above your head with your palms facing up.

Movement pattern: Push your arms slightly back and up until you feel a stretch in your arms, shoulders, and upper back.

Target area: Trapezius, or arms, shoulders and upper back.

Leader cues: Engage your core and back as you reach; For added challenge: look up.



Arthritis Foundation: Base Move

To begin: Place one leg in front of the other.
Movement pattern: Lunge forward onto the front foot until a stretch is felt in the front of your hip and thigh of your back leg. Hold.
Target area: Hip flexor, or the front of the hip and thigh.
Leader cues: Both legs bent; stand up tall; tuck hips forward.



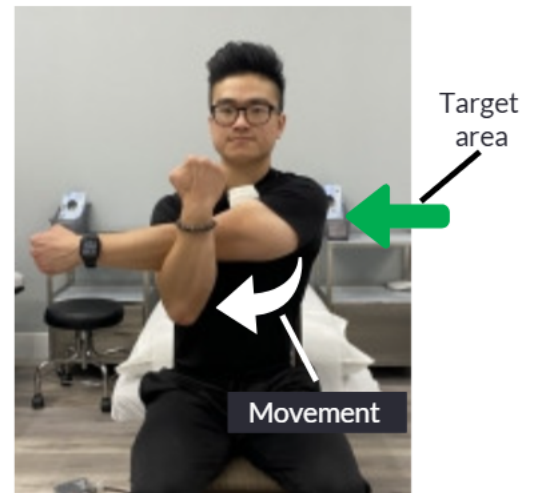
Seated Option

To begin: Sit sideways on a chair with both feet on the ground.
Movement pattern: Extend your back leg until you feel a stretch in the front of your hip and thigh of your back leg. Hold.
Target area: Hip flexor, or the front of the hip and thigh.
Leader cues: Sit up tall, tuck hips forward.



Arm Alternative

To begin: Pull your arm across your chest, keeping it straight. Use the other arm to hold your arm at the elbow.
Movement pattern: Hold this position if you feel a stretch in your shoulder. Twist your body towards the hand of your straight arm for a further stretch.
Target area: Deltoid, or shoulder. If twisting, you may feel a stretch in your lower back too.
Leader cues: Don't forget to breathe; If twisting: Rotate slowly and try looking over your holding shoulder.



Arthritis Foundation: Base Move

To begin: Standing up, cross one leg behind your other leg.

Movement pattern: Using one arm to balance, lean away from your back leg and towards your balance arm until you feel a stretch on the outside of your upper back leg. Hold.

Target area: IT band, or outside of the upper back leg.

Leader cues: Keep back leg straight; Keep breathing; Can reach other arm up and over.



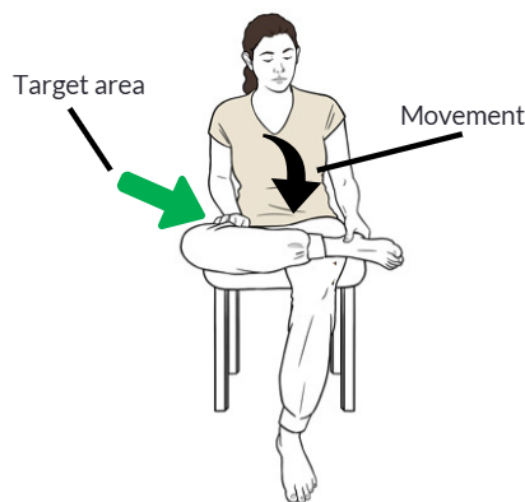
Seated Option

To begin: Sit up straight on a chair with one leg crossed over the other, making a figure 4.

Movement pattern: Gently press your knee towards the floor and lean forward until you feel a stretch in your buttocks or outer hip of your bent leg. Hold.

Target area: IT band, or the outside of the hip and buttocks.

Leader cues: Sit up tall; Lean forward; Flex top foot.



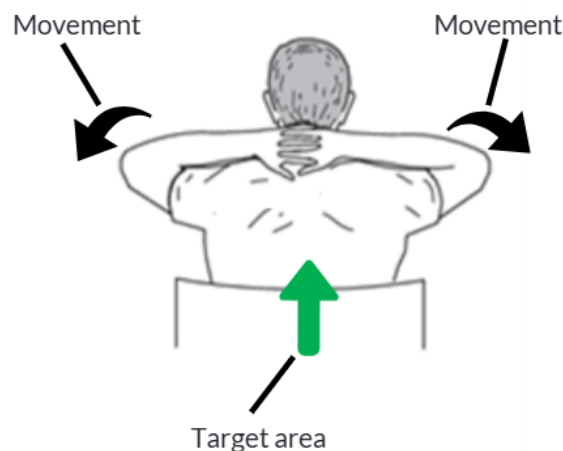
Arm Alternative

To begin: Place your hands behind your head, and bring your shoulder blades down and together without shrugging your shoulders.

Movement pattern: Squeeze your shoulder blades and pull your elbows back until you feel a stretch in the upper or middle area of your back.

Target area: Lats, or the upper and middle back between your shoulder blades.

Leader cues: Sit up tall; Don't drop your chin; Feel like you are squeezing something between your shoulder blades.



Leg and Quad Extension & Arm Punches

Arthritis Foundation: Base Move

To begin: Stand next to a chair or counter-top for support.

Movement pattern: Tighten your thigh muscle on one leg and press the back of your knee towards the ground until you feel a stretch in the back of your knee. Lift leg off of the ground with a straight knee.

Target area: Quads, or the thigh and front of the leg being extended.

Leader cues: Stand up tall; Activate knee (quad) before lifting; Flex front foot; Back leg can be bent or straight.



Seated Option

To begin: Sit up straight on a chair with one leg stretched out in front of you.

Movement pattern: Tighten your thigh muscle and keep your front leg straight. Lift heel off of the ground and return to the floor. Repeat.

Target area: Quads, or the thigh and back of the knee of the leg being extended.

Leader cues: Sit up tall; Activate knee (quad) before lifting; Flex front foot.



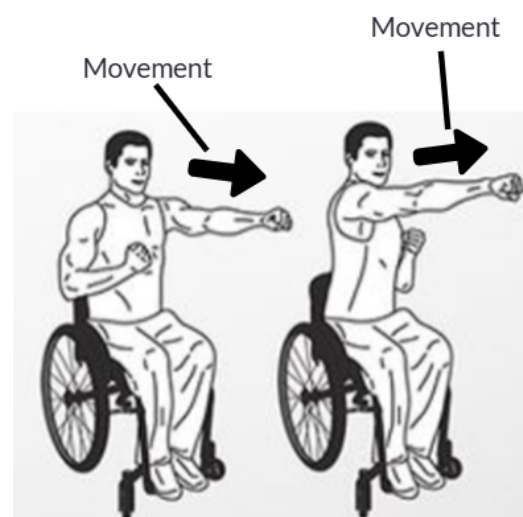
Arm Alternative

To begin: Bend one of your arms in front of you and extend the other arm out in front of your body with a straight elbow.

Movement pattern: Alternate forward punching motions by moving your bent arm straight and your straight arm towards your body.

Target area: Biceps (back of upper arm), Triceps (front of upper arm), Traps (upper back), and Deltoids (shoulders).

Leader cues: Sit up tall; Keep elbows slightly bent as you punch forward (don't lock out); Slow & purposeful movements; Breathe.



Heel Raises & Bicep Curls

Arthritis Foundation: Base Move

To begin: Stand next to a chair or counter-top for support.

Movement pattern: Raise up on your toes and lift your heels off the ground. Return your heels to floor and repeat.

Target area: Calves, or the back of your lower legs.

Leader cues: Stand up tall; Imagine a cup of water on the top of your head (don't spill).



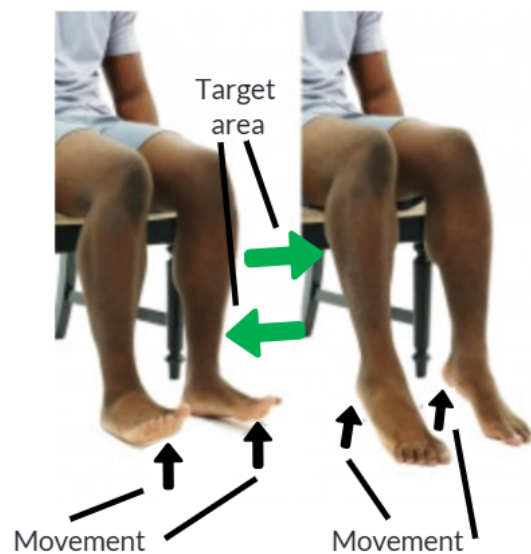
Seated Option

To begin: Sit up straight on a chair with both knees bent and feet flat on the ground.

Movement pattern: Press your toes into the floor to raise your heels. Then, relax your heels into the floor and lift your toes off the floor. Repeat.

Target area: Calves, or the back of your lower legs when heels are off the floor. Tibialis anterior, or the muscle along your shin bone when toes are off the floor.

Leader cues: Sit up tall; Keep knees over ankles.



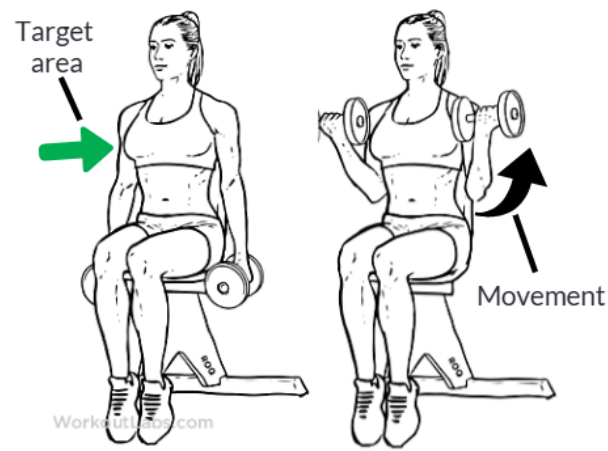
Arm Alternative

To begin: Sit up straight and hold a small free weight or dumbbell in your hand. The palm of your hand is facing your body, and your elbow is straight.

Movement pattern: Lift weight as you bend your elbows so your palm faces your chest. Lower down and repeat.

Target area: Biceps, or the front of the upper arm.

Leader cues: Sit up tall; Keep elbows close to your body. Use just your arms (not momentum or your back).



Squat, Back Leg Lift & Chair Tricep Dip

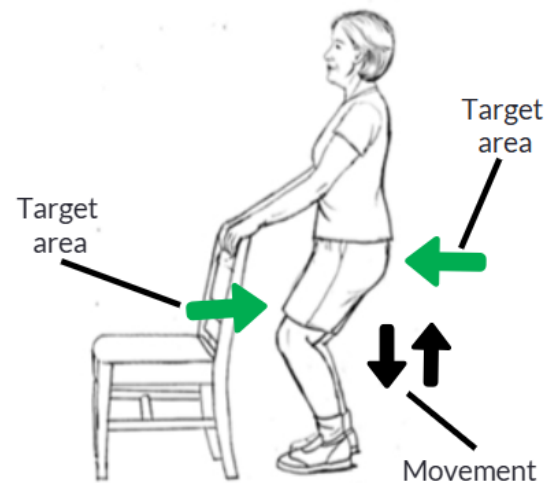
Arthritis Foundation: Base Move

To begin: Stand with your feet shoulder-width apart in front of a chair or counter-top.

Movement pattern: Bend both of your knees and lower your body towards the floor with most of your body weight directed through your heels. Do not let your knees bend past your feet. Return to standing.

Target area: Lower body.

Leader cues: Stand up tall; Keep knees the same distance apart; Feel like you are going to sit in a chair and then return to standing.



Leg Lift Alternative

To begin: Stand with your feet shoulder-width apart in front of a chair or counter-top.

Movement pattern: Shift your weight onto one leg, and lift the other backwards and up. Do not swing your leg. Keep your body stable and back straight.

Target area: Glutes, or your buttocks.

Leader cues: Stand up tall; Don't lean forward (like you have a cup of water on the top of your head); Keep back knee straight.



Arm Alternative

To begin: Sit up straight in a chair with arm rests. Place your hands on each arm rest.

Movement pattern: Push your body up until your buttocks lift off of the seat. Keep your feet on the floor to support yourself as you lift up. Lower back down and repeat.

Target area: Triceps, or the back of your upper arm and shoulders.

Leader cues: Sit up tall; Keep shoulders down; ; Keep elbows slightly bent (don't lock out) at the top; Use legs as needed.

