

Frail: Older Adult Pilates Based-Mat

with Sherri Betz, PT, DPT, GCS



- 1) Shoes off Foot Massage with Hands/Tennis Ball
- 2) Ball behind back Thoracic Extension
- 3) Costal Breathing
- 4) Hip Hinge with Dowel
- 5) Sit to Stand Practice leg and spine alignment
- 6) Fletcher 7 Standing and Centering Cues
- 7) Standing Balance: Feet Together, Tandem
- 8) Single Leg Standing Balance 3 sets of 10 sec
- 9) Up on toes with Ankles together
- 10) Single Leg Stance-Heel raise with proper ankle tracking
- 11) Sit Down to Rest Legs: Fletcher taut towel pulls in "serving" position with palms up, elbows at waist at 90° to prepare shoulder for upper body work.
- 12) Taut Towel Pulls
- 13) Fletcher Taut Towel Pulls at: Collarbones and Overhead
- 14) Back up to Standing: Single Leg Stance-Bend Knee, keep arch lifted, knee over 2nd toe
- 15) Bend or Straighten Standing Knee; hip flex, abd, ext with tubing
- 16) Seated Elastic Band Rowing, Bicep Curls, Shoulder Extension, Bow & Arrow Rows with Rotation
- 17) Abdominal Hinges and Pelvic Tilts
- 18) Chair Pose with Hip Hinge and Neutral Spine
- 19) Lunges (Marriage Proposal Position)
- 20) Shoulder Push Ups Against Wall or Counter
- 21) Dynamic Stepping behind chair: Side Steps, Grapevine, Towel Sequence with Small Sidebend
- 22) Seated Psoas Stretch

Review of Standing Posture, lifting activities, body mechanics, and precautions.

*Adjust your rear-view mirror to your taller sitting posture!
Stay positive, stay active, stay independent!*

Frail: Older Adult Pilates Based-Mat

- 1) Shoes off Tennis Ball Foot Massage
- 2) Ball behind back Thoracic Extension
- 3) Costal Breathing with strap
- 4) Hip Hinge with Dowel
- 5) Sit to Stand Practice leg and spine alignment
- 6) Fletcher 7 Standing and Centering Cues
- 7) Standing Balance: Feet Together, Tandem
- 8) Single Leg Standing Balance 3 sets of 10 sec
- 9) Up on toes with Ankles together
- 10) Single Leg Stance-Heel raise with proper ankle tracking

11) Sit Down to Rest Legs:

Fletcher taut towel pulls in “serving” position

12) Taut Towel Pulls

13) Fletcher Taut Towel Pulls at: Collarbones

14) Standing: Single Leg Stance-Bend Knee,

15) Bend or Straighten Standing Knee; hip flex, abd, ext with or without LOOP

16) Seated Elastic Band Rowing, Bicep Curls, Shoulder Extension, Bow & Arrow Rows with Rotation

17) Abdominal Hinges and Pelvic Tilts

18) Chair Pose with Hip Hinge and Neutral Spine

- 19) Lunges (Marriage Proposal Position)
 - 20) Shoulder Push Ups Against Wall or Counter
 - 21) Dynamic Stepping behind chair:
Side Steps, Grapevine,
Fletcher Towel Sequence with Small Sidebend
 - 22) Seated Psoas Stretch
- Review of Standing Posture, lifting activities,
body mechanics, and precautions.*

Adjust rear-view mirror to taller sitting posture!

Stay positive, stay active, stay independent!