

Warm Up and Cool Down Exercise (Physiotherapy Exercise Series)

Warm up exercise

- Prepare body before main exercise and reduce risk of injury.
- Should include light to moderate intensity activities involving large muscle groups. Stretching exercise could be supplemented after warming up of body.
- Warm up exercise could be customized to the needs of main exercise. Please consult physiotherapist if there is any enquiry.

Cool down exercise

- Allow the body to gradually return to resting level after main exercise.
- Similar to warm up exercise, include large muscle groups activities and stretching exercise.





The following are examples of some simple warm up, cool down and stretching exercises for reference.

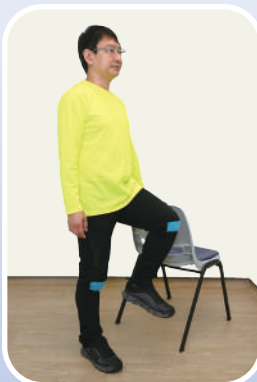
Points to note

1. Consult physiotherapist or other healthcare professionals before performing the exercise if you have the following conditions:
 - History of orthopedic surgery (especially with hip replacement surgery)
 - Musculoskeletal conditions, such as osteoporosis, unhealed fractures, sprains, or dislocations
 - Unhealed wound
 - Feeling unwell or have any queries
2. Perform the exercise within your capability and progress gradually, and be gentle in your movement. As a general rule, the exercise should be performed safely and should not cause any pain or discomfort.
3. If you are unable to exercise in standing, you can exercise in sitting and refer to method 2.
4. Make sure the floor is smooth and dry, and have sturdy furniture or handrail for support.
5. Stop immediately if you feel any discomfort during exercise. If the discomfort is severe, persists or worsens, please seek medical advice promptly.

1. Stepping

- ⦿ Walking or stepping on the spot for 5-10 minutes.
- ⦿ Gradually increase speed as long as it is safe and balanced.
- ⦿ If needed, you can hold onto sturdy furniture or sit on sturdy chair while stepping.

Method 1



Method 2



2. Neck side flexion

- Look straight ahead and keep your shoulders relax, place your right hand on the left side of head.
- Tilt your head to the right, and pull your head to the right gently with your right hand, until a mild stretch is felt over left side of neck.
- Hold for 10-30 seconds, then return to starting position.
- Repeat 2-4 repetitions for each side.



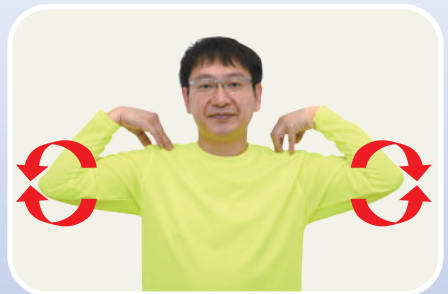
3. Neck rotation

- Turn your head to the right as much as possible until you feel a mild stretch, hold for 10-30 seconds. Then return to starting position and repeat the movement to the left.
- Repeat 2-4 repetitions for each side.



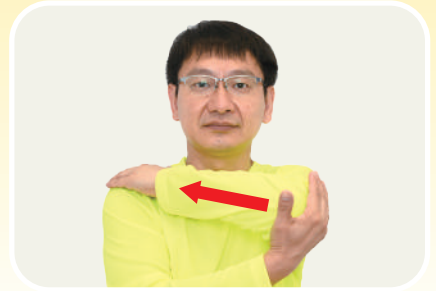
4. Shoulder rotation

- Bend your elbows, place your fingers on the shoulders.
- Raise your elbows forward slowly, and rotate your shoulders backward for 10 repetitions, then relax.
- Raise your elbows backward slowly, and rotate your shoulders forward for 10 repetitions, then relax.



5. Shoulder stretch

- Put your left hand lightly on right shoulder, slowly push your left elbow backwards with your right hand, until a mild stretch is felt over left posterior shoulder region, then hold for 10-30 seconds.
- Repeat the movement with right hand.
- Repeat 2-4 repetitions on each side.



6. Forearm stretch

- Interlock your fingers, palms facing outward and push forward as far as possible, until a mild stretch is felt over your forearm. Hold for 10-30 seconds and relax.
- Repeat 2-4 repetitions.



7. Trunk side bending

- Sit on a sturdy chair or stand with your feet slightly apart, put your left hand on your hip, then lift your right hand up and bend your trunk to the left slowly, until a mild stretch is felt over right side of your trunk. Hold for 10-30 seconds and return to starting position.
- Then put your right hand on your hip, lift your left hand up up and bend your trunk to the right slowly, repeat the movement.
- Repeat 2-4 repetitions on each side.

Method 1



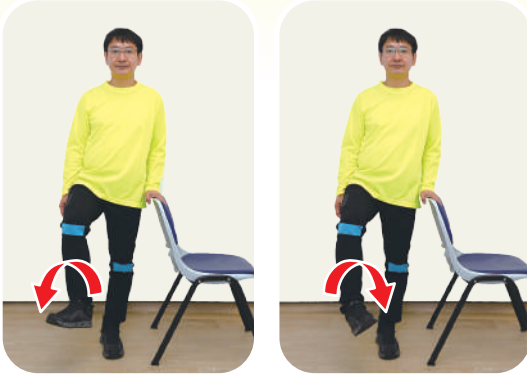
Method 2



8. Ankle rotation

- Sit or stand with hands holding on sturdy furniture.
- Lift your right leg up, turn your feet to the left and right for 10 repetitions each, then relax.
- Repeat the movement with left leg.

Method 1



Method 2



9. Posterior thigh stretch

- Sit on a sturdy chair, put your right leg on another sturdy chair with knee straight.
- Overlap your hands and reach forward while keeping your right knee straight.
- Keep your back straight and lean forward slowly, until a mild stretch is felt over the back of right thigh.
- Hold for 10-30 seconds, then return to starting position. Repeat for 2-4 repetitions.
- Repeat the movement with left leg.



10. Calf stretch

Method 1

- Stand with your hands holding on sturdy furniture or handrail for balance.
- Left foot step forward in stride standing with left knee bend. Keeping your back and hind knee straight, until a mild stretch is felt over your right calf, hold for 10-30 seconds.
- Switch legs and repeat the movement.
- Repeat 2-4 repetitions for each side.



Method 2

- Sit on a sturdy chair, put your right leg on another sturdy chair with knee straight.
- Keep your right knee straight, hold a towel in each hand and put the towel over the sole of your right foot.
- Then use both hands to pull the sole of your right foot towards you, until a mild stretch is felt over your right calf.
- Hold for 10-30 seconds, then return to starting position and repeat 2-4 repetitions.
- Repeat the movement with left leg.



Please consult a physiotherapist or other healthcare professionals if you have any queries about this pamphlet.

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