

# Inactivity Prevention Package



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The “Inactivity Prevention Pack” includes exercises and activities to help you maintain your physical function and your health while you are staying at home. We recommend that you exercise safely for a total of 40 to 60 minutes per day, about three times a day, with a combination of various exercises. We have set a standard time and frequency for each exercise, but you can change them according to your physical condition. [You are recommended to exercise at the same time every day in order to establish an exercise habit.](#) You can listen to the radio or your favorite music to keep up your motivation. Think of the muscles to be trained, as explained in the upper right corner of each page.

## ▼▼▼▼▼▼▼▼▼▼ Precautions for exercise ▼▼▼▼▼▼▼▼▼▼

1. Stop exercising if you feel pain or stress in your body.
2. Exercise slowly while taking breaks according to your physical condition.
3. While exercising, do not hold your breath and breathe naturally.
4. If you are not feeling well, please take a rest and stop exercising.
5. Use a stable chair or desk, and do not use objects that can be easily moved, such as a chair with wheels.

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# List of exercises in the Inactivity Prevention Pack

You can combine stretching and other exercises according to your condition. Please be aware that there is a risk of falling down during balance exercises.

No.	Stretch	Balance exercise	Muscle training	Whole-body exercise	Supine	Sitting	Standing	Exercise content
1	●					●		Stretching the hamstrings and calves
2	●					●		Stretching the quadriceps and front of the hip
3			●	●		●	●	Shoulder exercises
4			●			●		Twist exercises
5			●			●		Knee straightening exercises
6			●			●		Raising the thighs
7	●						●	Stretching the tight calf muscles
8			●				●	Knee flexion exercises
9			●				●	Hip abduction exercise
10			●	●			●	Standing heel raises
11			●				●	Hip extension exercises
12		●	●				●	Drawing circles with the feet
13	●						●	Full body stretch
14			●				●	Squats
15			●	●			●	Monkey-walking

Supine: exercises are done while lying on your back. Sitting: exercises are done while sitting down. Standing: exercises are done while standing up.

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## 1. Stretching the hamstrings and calves

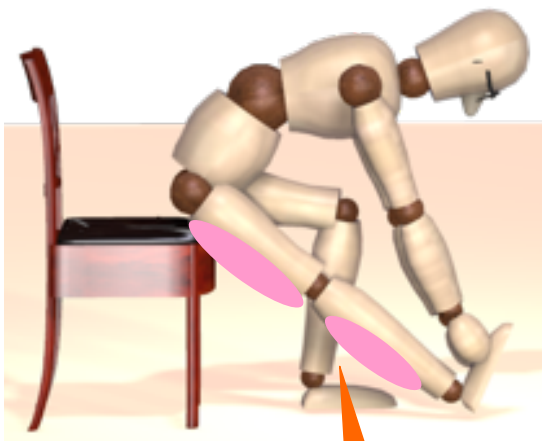
◆ Hamstrings and triceps surae muscle

Be careful not to fall off the chair!

30 sec

### Procedure

1. Sit towards the edge of a chair, but be careful not to fall off the chair.
2. With one leg extended, lean forward and stretch the back of your thighs.
3. Keep your chest open and tilt your upper body forward.
4. Repeat with the other leg.



Point your toe toward the ceiling.

If possible, try not to bend the knee of the straight leg!

If you have pain in your back, lower back, or knees, please be careful not to make it worse.

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## 2. Stretching the quadriceps and front of the hip

◆ Hip flexor and quadriceps

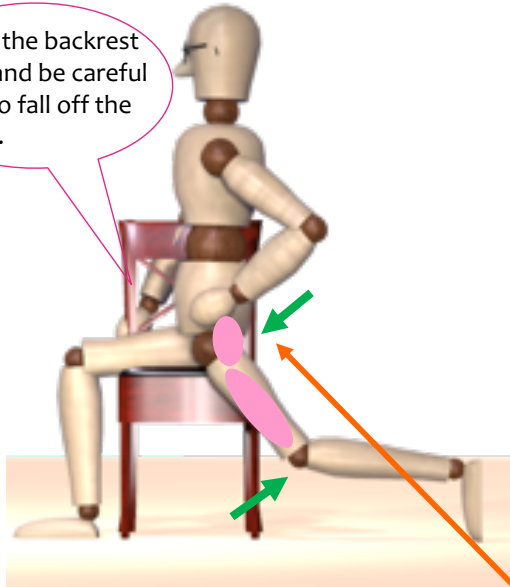
Do not perform this if you have had hip surgery

30 sec

### Procedures

1. Sit sideways in a chair with your legs parallel to the backrest.
2. Place the foot of the front leg on the floor behind you.
3. Open your chest, push your hips forward, and stretch the thigh of the extended leg.
4. Repeat with the other leg.

Hold the backrest and be careful not to fall off the chair.



Put your hands on your hips and push forward.

If you have pain in your back, lower back, or knees, please be careful not to make it worse.

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## 3. Shoulder exercises

◆ Shoulder and back muscles

10 times

\*

3-5 times/day

### Procedures

1. Open your chest and both shoulders and raise your elbows to shoulder level with your fingertips facing up.
2. Keeping both sides open, lower your hands without moving your shoulders and point your fingers at the ground.
3. Repeat (1.) and (2.) slowly.

(1.)

Turn your palms forward.



(2.)

Turn your palm to the back.



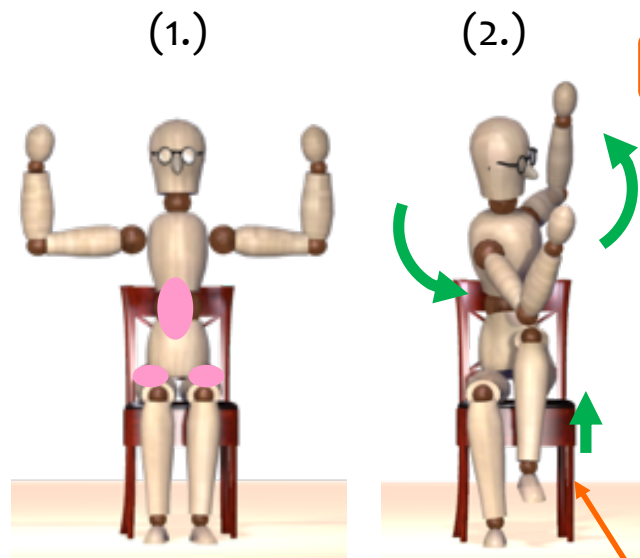
Let's open your chest.

If you have pain in your shoulders, elbows, or arms, please be careful not to make it worse.

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## 4. Twist exercise

◆ Abdominal muscles and hip flexors



### Procedures

10 times  
\*  
3-5 times/day

1. Open your chest and both shoulders and raise your elbows to shoulder level with your fingertips facing up, as shown in figure (1).
2. Lift your left knee and twist your body so that your right elbow and left knee touch.
3. Repeat with the other leg.

Lift your knee as high as possible and stay upright without bending at the hips.

If you have pain in your back or knees, please be careful not to make it worse.

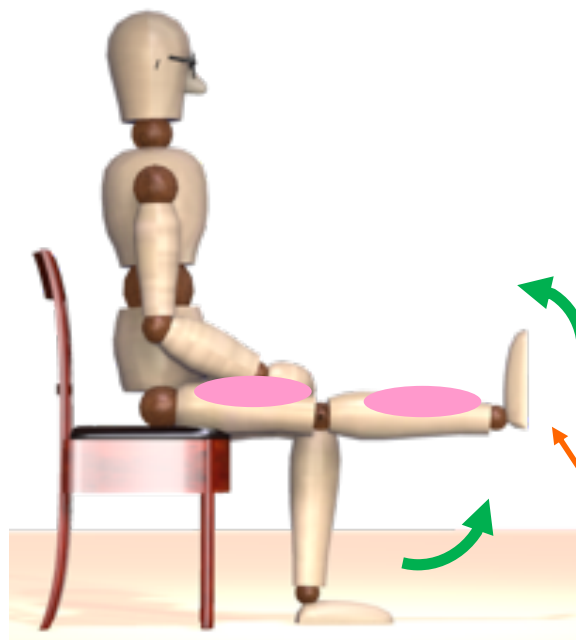
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## 5. Knee straightening exercises

◆ Quadriceps

Be careful not to fall off the chair!

50 times  
\*  
3 times/day



### Procedures

1. Sit towards the edge of a chair.
2. Extend one leg slowly without pain.
3. Slowly return to the original position.
4. Repeat the other leg.

Flex your foot after and try to keep your leg straight.

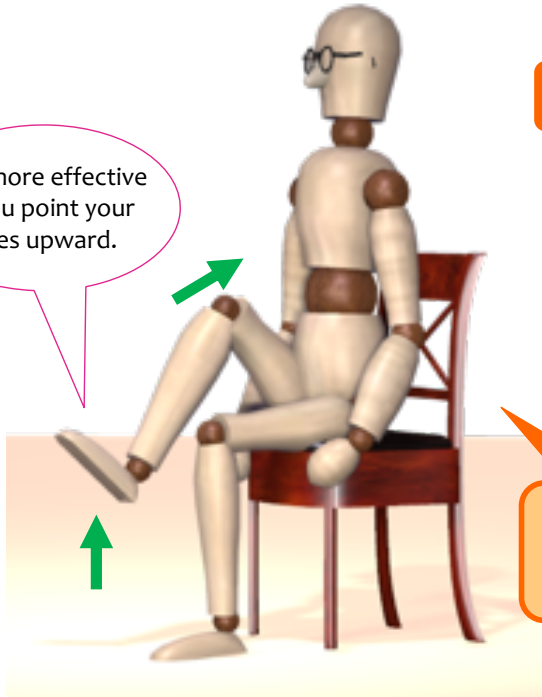
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## 6. Raising the thighs

◆ Hip flexor

50 times  
\*  
3 times/day

It is more effective if you point your toes upward.



### Procedures

1. While sitting in a chair, lift one knee while keeping it bent, and slowly return to the original position.
2. Repeat with the other leg.

Keep your posture as upright as possible and don't bend your trunk!

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## 7. Stretching tight calf muscles

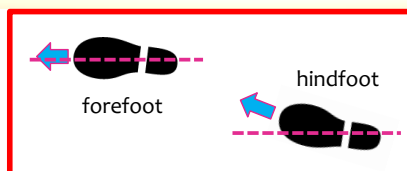
◆ Triceps surae muscle

30 sec

Lightly hold a stable table or chair.



Front



### Procedures

1. Stand tall with one foot in front of the other and open your chest.
2. Bend the knee of the front leg slightly with the toes of both feet facing forward. Straighten the back leg and gently press the heel of the back leg to the floor.
3. Repeat on the other side.

It is more effective to point the toes of the back leg slightly inward.

Do not overextend your legs or press your heels too hard against the floor.

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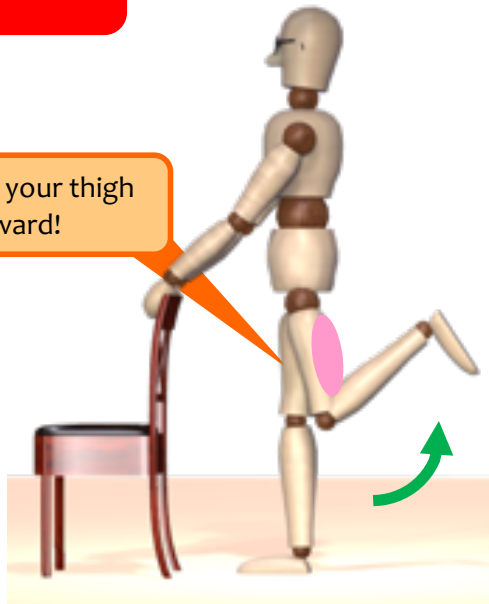
## 8. Knee flexion exercises

◆ Hamstrings

Lightly hold a stable table or chair.

30 times  
\*  
3 times/day

Don't put your thigh forward!



### Procedures

1. Slowly lift one foot upwards and backwards while keeping the knee bent.
2. Slowly return to the original position.
3. Repeat with the other leg.

If you have pain in your knee, please be careful not to make it worse.

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## 9. Hip abduction exercise

◆ Gluteus medius

Lightly hold a stable table or chair.

30 times  
\*  
3 times/day

Try not to move the trunk.



### Procedures

1. Stand with the toes of both feet facing forward.
2. Raise one foot slowly to the side.
3. Slowly return to the original position.
4. Repeat with the other leg.

Use a stable table or chair.

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## 10. Standing heel raises

◆ Triceps surae

Lightly hold a stable table or chair.

Refrain from this exercise if you have rheumatoid arthritis.

50 times  
\*  
3 times/day

### Procedures

1. Slowly stretch your body by standing on your tiptoes.
2. Keep your heels up for 3 seconds. Then lower slowly.



Support your body with your toes.

Use a stable table or chair.

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## 11. Hip extension exercises

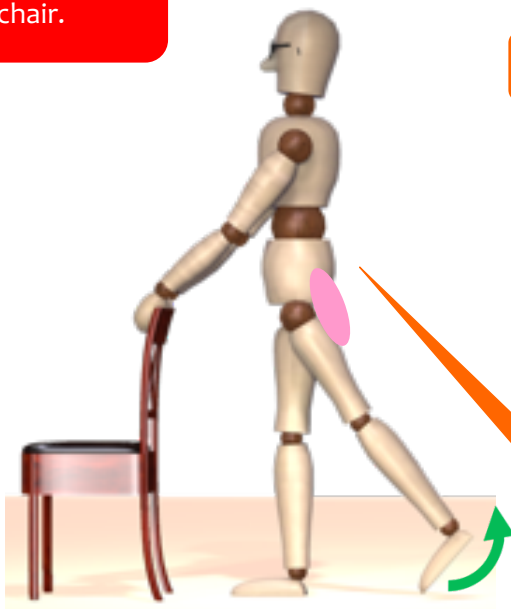
◆ Gluteus maximus

Lightly hold a stable table or chair.

50 times  
\*  
3 times/day

### Procedures

1. Lift one leg backwards while keeping it straight.
2. Slowly return the original position.
3. Repeat with the other leg.



Stand tall and be careful not to bend backward.

If you have pain in your hip or back, please be careful not to make it worse.

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## 12. Drawing circles with the feet

◆ Balance exercise

Lightly hold a stable table or chair.

10 times  
\*  
3 times/day

Keep your leg straight.



### Procedures

1. Move your leg as if to draw a circle with your toes on the floor.
2. Repeat with the other leg.

Try to draw as large a circle as possible.

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## 13. Full body stretch

◆ Back muscles

Do not do this exercise if you have a past history of compression fractures of the spine.

30 sec

Stand against a wall



### Procedures

1. Stand up straight and put your entire back against the wall.
2. Lift your hands above your head and stretch your back.

Stand tall and be careful not to bend backward.

If you have pain in your shoulders, back or spine, please be careful not to make it worse.

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## 14. Squats

◆ Gluteus maximus and quadriceps

Be careful not to fall backwards.

50 times

\*

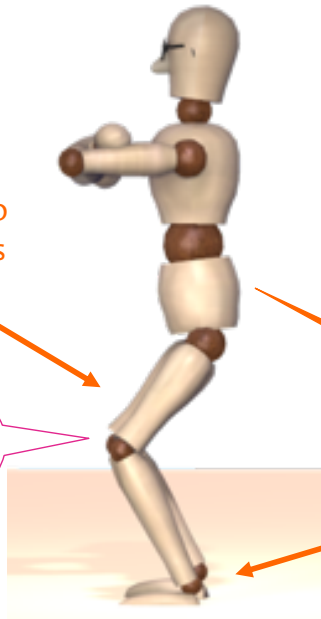
3 times/day

### Procedures

1. Stand with the toes of both feet facing forward.
2. Lower your hips and then slowly return to the original position.

Be careful not to bend your knees too much.

Don't let your knees go past your toes.



Stand tall and keep your back straight.

Stand with your feet shoulder width apart.

If you have knee or hip pain, please be careful not to make it worse.

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## 15. Monkey-walking

◆ Walking exercise

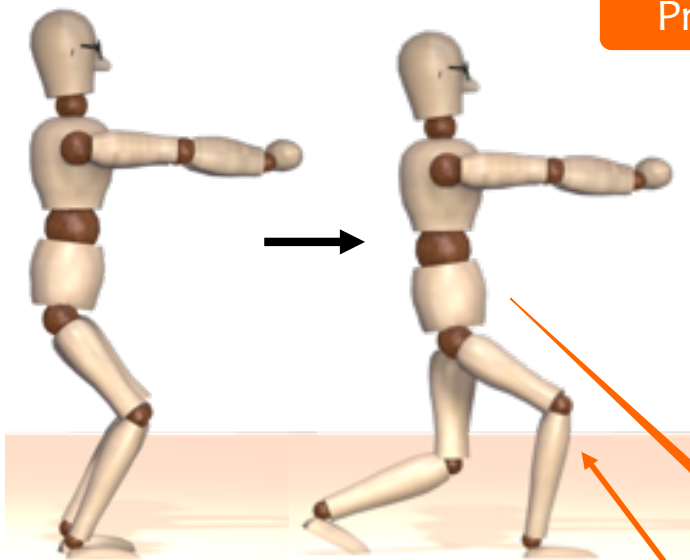
3 min

\*

10 times

### Procedures

1. Squat slightly and keep your knees bent.
2. Clasp your hands and lift your arms in front of you.
3. Walk slowly while dropping your hips and keeping your knees bent.
4. Once you get used to it, try taking bigger strides.



Do not bend your body forward.

Keep your knees bent while walking.

If you have pain in your knees, please be careful not to make it worse.

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