

Physical Activity and Vision Rehabilitation

**Activity Cards for Vision
Rehabilitation Workers Supporting
Blind and Partially Sighted Adults
Through Physical Activity.**

**Produced in partnership with British Blind Sport, Metro Blind Sport,
Rehabilitation Workers Professional Network, Visionary, The
Wilberforce Trust and North East Sensory Services.**

Disclaimer

The information provided should not be interpreted as a specific treatment plan or course of action. Exercise is not without risk of injury, aggravation of pre-existing conditions or overexertion. The creators and partners of this resource cannot claim any liability for injury resulting from the exercises, activities, or advice contained herein.

Always consult a healthcare professional for appropriate exercise advice and safety precautions.

Warm up/Cool Down: March

- Sit tall at the front of the chair.
- Hold the sides of the chair.
- Move feet off the ground, one by one, marching with control.
- Build to a rhythm that is comfortable.
- Continue for about 1-2 minutes.



Warm up/Cool Down: Shoulder Circles

- Sit tall with arms at sides.
- Lift both shoulders up to ears, draw shoulders back then press them down.
- Shoulders will feel as if they are rolling in circles.
- Repeat slowly up to 4 times.



Warm up/Cool Down: Toe Taps

- Sit tall at the front of the chair.
- Hold the sides of the chair.
- Tap toes up and down at a speed that is comfortable.
- Continue for about 20 – 30 seconds.



Warm up/Cool Down: Rowing

- Sit tall at the front of the chair.
- With hands together, reach out in front and pull arms back to one side and then the other (imagine paddling a canoe down a river).
- Continue for about 20 – 30 seconds.



Strength Exercises: Sitting Kicks

- Sit tall at the front of the chair.
- Hold the sides of the chair.
- Straighten the knee of one leg. Hold leg up for 5 seconds.
- Do this up to 10 times. Repeat with other leg.



Strength Exercises: Chair Push-Up

- Sit tall at the front of the chair.
- Hold the sides of the chair.
- Lift buttocks off the seat of the chair by pushing down and straightening arms.
- Do this up to 5 times.



Strength Exercises: Arm Curl

- Sit tall at the front of the chair.
- Use a weighted object to hold in one hand.
- Lift fist that is holding the weighted object slowly towards shoulder, keeping wrist straight and elbow close to the side of the body.
- Slowly lower. Repeat up to 6-8 times on each arm.



Strength Exercises: Hip Opener 1/2

- Stand tall with feet together.
- Raise right foot in front with your knee bent at a 90 degree angle.
- Rotate knee and foot to side, maintaining the 90 degree angle and keeping foot in line with knee.



Strength Exercises: Hip Opener 2/2

- Return knee and foot to centre, and place foot back down on the floor next to the standing left foot.
- Repeat exercise 8-10 times, and then swap leg to raise the left foot.



Strength Exercises: Upper Back Strengthenener 1/2

- Sit tall at the front of the chair.
- Loosely hold a towel or belt with hands about 2 inches apart and the palms facing upwards.
- Lift the towel or belt a few inches and pull it apart tightly, keeping elbows against the ribs.



Strength Exercises: Upper Back Strengthenener 2/2

- Try not to let the elbows lift out to the side and keep wrists firm.
- Slide elbows towards the back of the chair and squeeze shoulders together.
- Hold for 2 or 3 seconds then relax.
- Repeat up to 8-10 times.



Strength Exercises: Arm Exercise With a Towel 1/2

- Sit tall at the front of the chair.
- Hold a towel with both hands.
- Pull upwards with one hand and downwards with the other as if trying to pull the towel apart.
- Hold for 5 seconds then relax.



Strength Exercises: Arm Exercise With a Towel 2/2

- Make sure to keep arms close to the body during the exercise.
- Repeat up to 10 times.
- Swap hands over and repeat the other way.



Flexibility Exercises: Knee Raises

- Sit tall at the front of the chair.
- Hold the sides of the chair.
- Lift and lower one knee, then the other.
- Repeat this up to 10 times on each leg.



Flexibility Exercises: Toe Raises

- Sit tall at the front of the chair.
- Hold the sides of the chair.
- Gently rise up on the toes and rock back on heels.
- Repeat this up to 10 times.



Flexibility Exercises: Overhead Stretch

- Take a deep breath in and stretch arms up toward the ceiling.
- Exhale and bring arms back down.
- Repeat this up to 10 times.



Flexibility Exercises: Spine Twist

- Sit tall at the front of the chair.
- Cross arms over chest and slowly twist upper body to one side.
- Try not to move the rest of the body.
- Repeat, twisting to the other side.
- Repeat this up to 10 times.



Flexibility Exercises: Overhead Side Stretch 1/2

- Sit tall at the front of the chair but keep shoulders relaxed.
- Raise both arms up into the air, above head.
- Grab right wrist with left hand and gently pull the right hand up while leaning slightly left at the waist. Concentrate on pushing right buttock down against the seat of the chair. Hold for 10 seconds, then return to a vertical position.
- Grab left wrist with right hand and repeat the stretch on the other side, pulling the left hand up and slightly right at the waist while pushing your left buttock down against the seat of the chair.



Flexibility Exercises: Overhead Side Stretch 2/2

- Hold for 10 seconds, then return to a vertical position.
- Repeat steps for each side of the body up to six times.



Cardio Exercises: Toe Taps – Front 1/2

- Sit tall at the front of the chair and hold the sides of the chair.
- Start with your feet together under your knees. Step with your left foot forward to the front, tapping the ball of the foot onto the floor.



Cardio Exercises: Toe Taps – Front 2/2

- Return to the starting position and repeat with the right foot.
- Continue alternating left and right toe taps to the front for about 20 seconds.



Cardio Exercises: Toe Taps – Side 1/2

- Sit tall at the front of the chair and hold the sides of the chair.
- Start with your feet together under your knees. Step with left foot out to the side, tapping the ball of the foot onto the floor.



Cardio Exercises: Toe Taps – Side 2/2

- Return to the starting position and repeat on the right side.
- Continue alternating left and right toe taps to the side for about 20 seconds.



Cardio Exercises: Standing Kick

- Stand tall with feet together and arms by sides.
- Raise the left knee upwards and straighten the leg as if performing a kick.
- Lower leg and repeat on the right side.
- Continue alternating kicks with the left and right legs for about 20 seconds.



Cardio Exercises: Arm Swings

- Sit tall at the front of the chair.
- Keeping elbows bent, swing arms back and forth.
- Arms can swing in the same direction, or in alternate directions.
- Continue swinging arms for about 20 seconds.



Cardio Exercises: Boxing 1/2

- Sit up tall, do not lean on the back of the chair.
- Make a fist with each hand and raise them in front of the chest.
- Straighten one arm out in front, keeping fists closed.



Cardio Exercises: Boxing 2/2

- Bring this arm back into the side of the body and repeat with the other as if you are slowly boxing.
- Repeat for up to 10 – 20 repetitions and then relax.



Balance Exercises: Single Limb Stance

- Stand behind a steady, solid chair and hold on to the back of it.
- Lift up right foot and balance on the left foot.
- Hold that position for as long as possible, then switch feet. The goal should be hold that pose for up to a minute.



Balance Exercises: Back Leg Raises

- Stand behind a steady, solid chair and hold on to the back of it.
- Slowly lift right leg straight back – don't bend knees or point toes.
- Hold that position for one second, then gently bring leg back down. Repeat up to 10 to 15 times per leg.



Balance Exercises: Marching in Place

- Stand behind a steady, solid chair and hold on to the back of it.
- Standing straight, lift the right knee as high as possible.
- Lower, then lift the left leg.
- Lift and lower legs up to 20 times.

