

Parkinson's Exercises for Seniors (Free Printable Chart)

Seated and standing · A sturdy chair and light dumbbells

Check with your doctor before starting a new exercise routine. Move slowly and stop any exercise that causes pain.

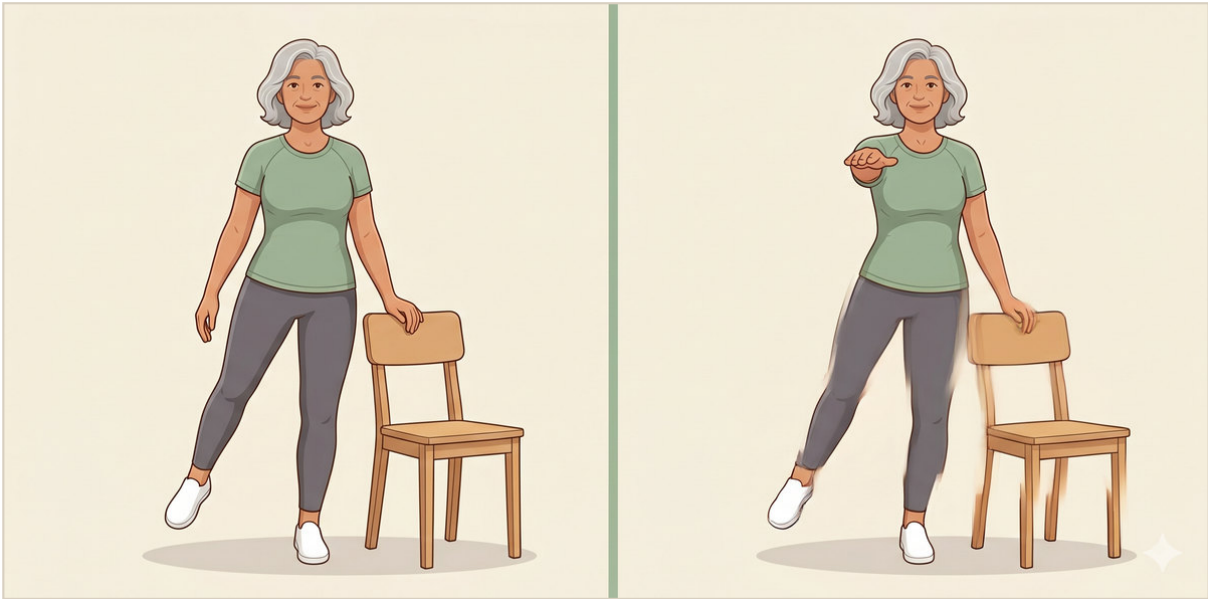
1. Standing Mountain with Breath



1. Stand tall behind the chair, feet hip-width apart.
2. Breathe in slowly and sweep both arms overhead.
3. Breathe out and lower the arms. Repeat with a steady rhythm.

Aim for: 5 slow breaths

2. Clock Reach



1. Stand tall behind a chair, holding it with one hand.
2. Reach the opposite arm forward to 12 o'clock, then out to 3, then down to 6.
3. Return to center and switch hands.

Aim for: 2 rounds each side • 1 set

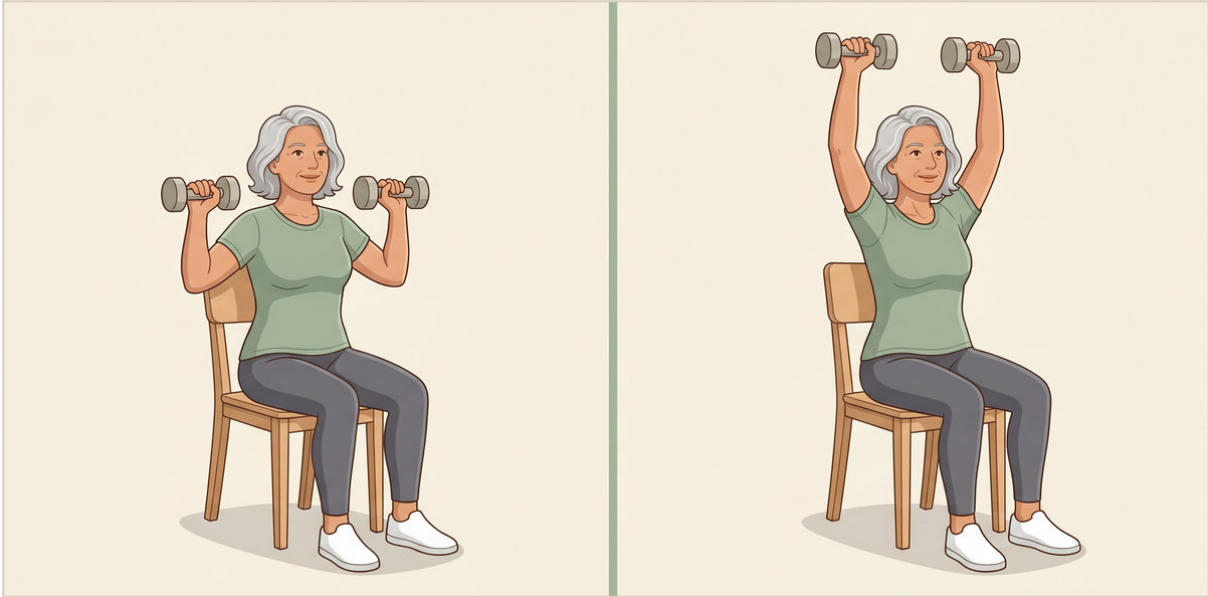
3. Seated Trunk Twist



1. Sit tall, arms crossed loosely over your chest.
2. Turn your upper body gently to the right and look over your shoulder.
3. Return to center, then turn gently to the left.

Aim for: 6–8 turns each side • 1 set

4. Dumbbell Overhead Press



1. Sit tall or stand behind the chair, a light dumbbell in each hand at shoulder height.
2. Press both dumbbells straight overhead until the arms are nearly straight.
3. Lower them slowly back to shoulder height.

Aim for: 8-10 reps • 2 sets

5. Standing Side Leg Raise



1. Stand tall behind a chair, holding the back.
2. Lift one leg out to the side, keeping it straight and toes forward.
3. Lower it slowly. Keep your body upright.

Aim for: 8-10 reps each leg • 2 sets

6. Heel-to-Toe Stand



1. Hold the chair or counter with one hand.
2. Place one foot directly in front of the other, heel touching toe.
3. Hold steady, then switch which foot is in front.

Aim for: Hold 10–20 seconds each side • 2 sets

7. Sit-to-Stand



1. Sit toward the front of the chair, feet flat and slightly back.
2. Lean forward and stand up, using hands on the chair only if needed.
3. Sit back down slowly with control.

Aim for: 5–8 reps • 2 sets