

Chair Yoga for Stroke Recovery

5 Seated Moves to Regain Strength

How Chair Yoga Helps Stroke Recovery


Chair yoga is a gentle way to rebuild strength, flexibility, and confidence after a stroke. It is ideal for seniors and anyone with limited mobility.

Benefits:

- Improves blood circulation and oxygen flow to the brain
 - Builds muscle strength and joint mobility
 - Enhances coordination and balance
 - Reduces anxiety and emotional stress
 - Supports motor retraining and neuroplasticity
-


5 Gentle Chair Yoga Poses

1. Seated Arm Raises

- Sit tall, feet flat on the floor
- Inhale: raise both arms to shoulder level
- Exhale: slowly lower your arms
-  Repeat 6–8 times


Benefits: Strengthens shoulders, improves upper-body coordination

2. Seated Marching

- Sit upright, hold chair sides
- Lift one knee toward your chest
- Lower and switch to the other leg
-  Repeat 10 times each leg


Benefits: Builds leg strength, activates hip flexors and core

3. Seated Twist

- Sit upright, hands on your knees
- Inhale: gently twist to the right
- Exhale: return to center
- Switch sides
-  Repeat 3–5 times per side


Benefits: Improves spinal flexibility, posture, and digestion

4. Seated Side Bend

- Raise right arm overhead
- Gently lean to the left
- Return to center and switch
-  Repeat 3–5 times per side

Benefits: Improves trunk control and balance

5. Seated Heel Raises

- Sit tall, feet flat
- Raise heels while keeping toes on the floor
- Lower slowly
-  Repeat 10–15 times

Benefits: Enhances ankle mobility, improves circulation

Safety Guidelines

- Always consult your doctor before starting
 - Use a stable chair without wheels
 - Breathe deeply and move slowly
 - Stop if you feel pain or dizziness
-

Additional Notes

- Start with 10–15 minutes per session
 - Practice 3–4 times per week
 - Consistency is key to seeing improvement
 - Ask a family member to assist during the first few sessions
-

Reminder:

“Recovery is a journey. Every small movement is a big step forward.”