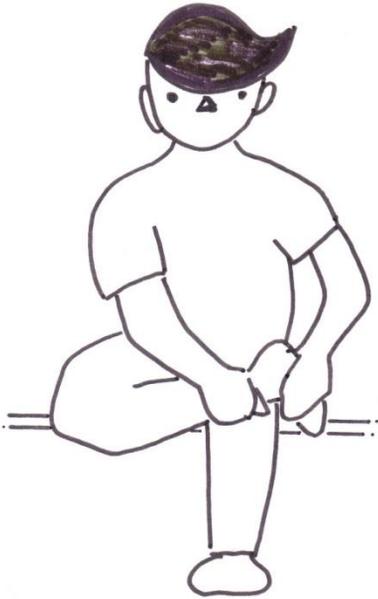
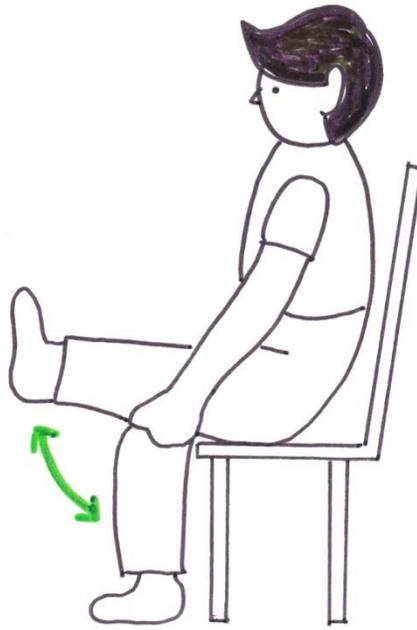


転倒予防体操

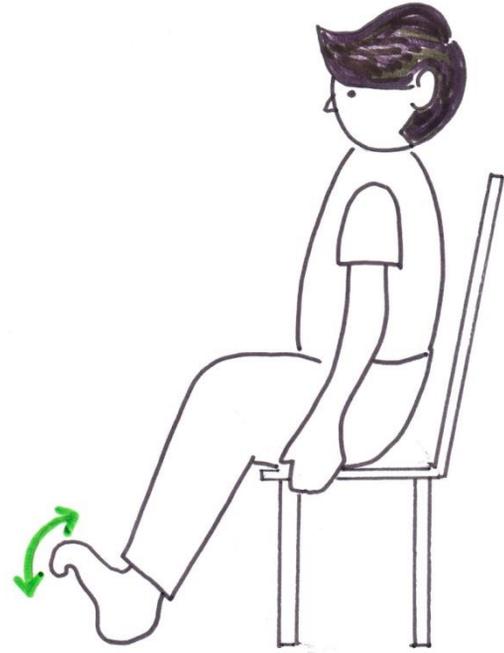
1. 足関節と足趾



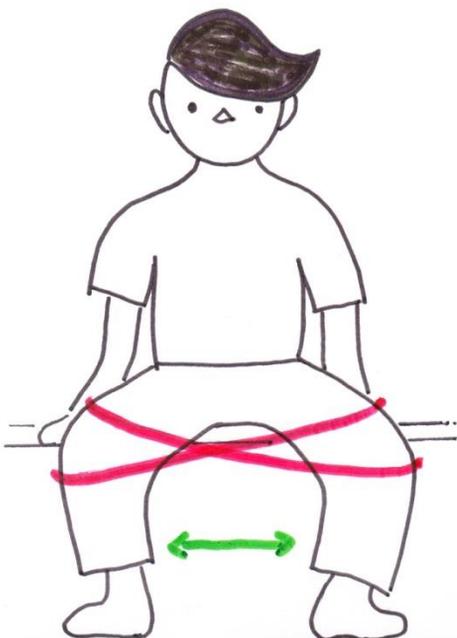
2. ハムストリングス、腓腹筋



3. 足趾屈曲



4. 股関節内外転



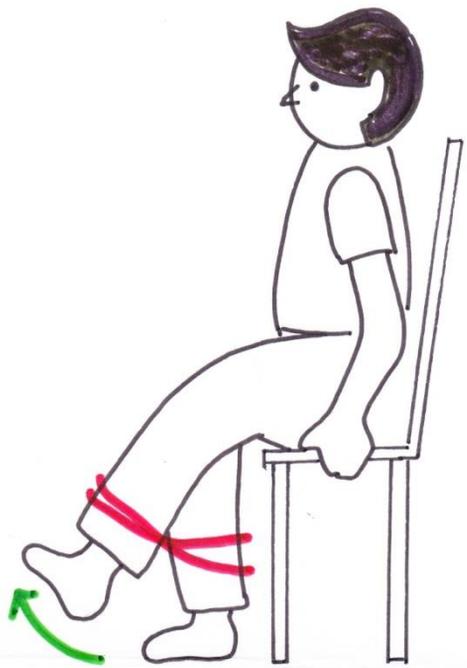
5. 股関節屈曲



6. 腹筋



7. 膝伸展



8. つま先上げ



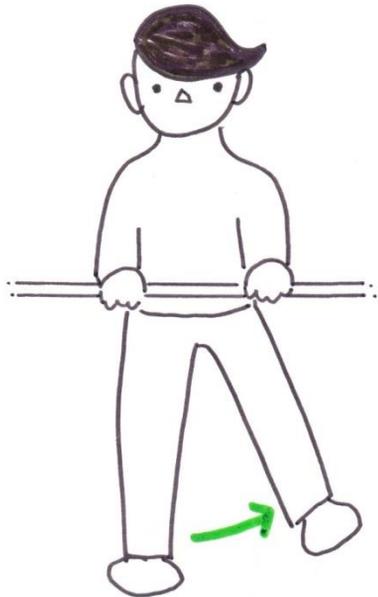
9. つま先立ち



10. 重心移動
前後



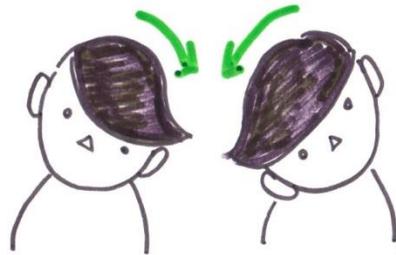
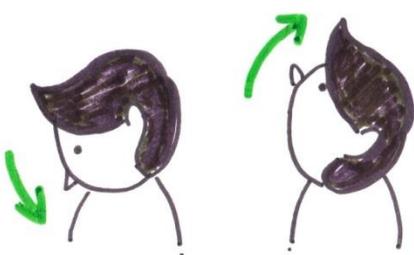
11. 重心移動
左右



12. 足踏み

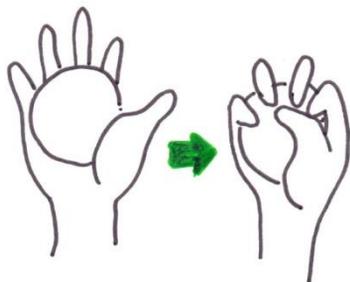


13. 頸回し

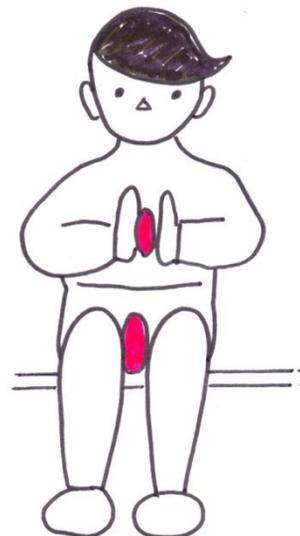


若返り体操

1. ボール握り 回内外



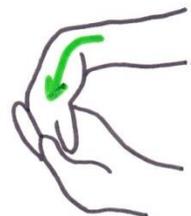
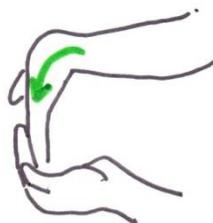
2. ボールつぶし



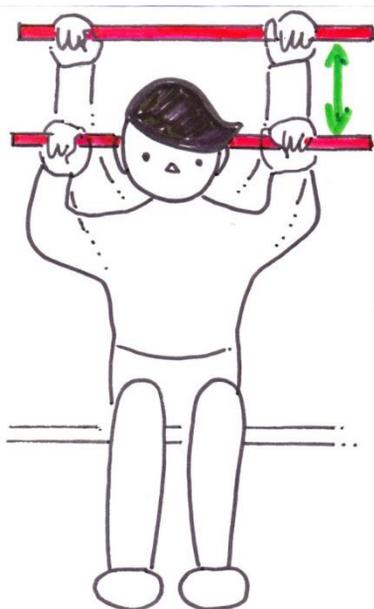
3. 肩甲骨後面



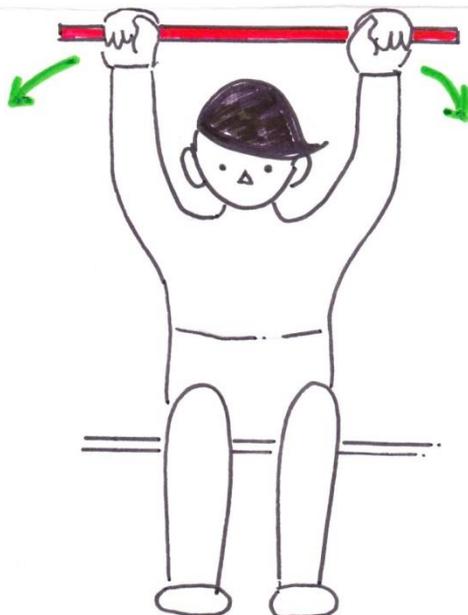
4. 手関節



5. 肩屈曲外旋



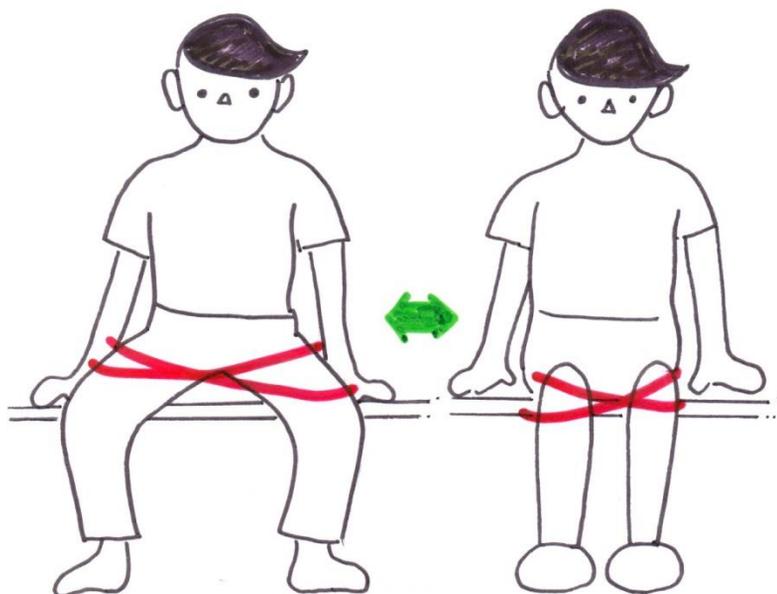
6. 体幹側屈



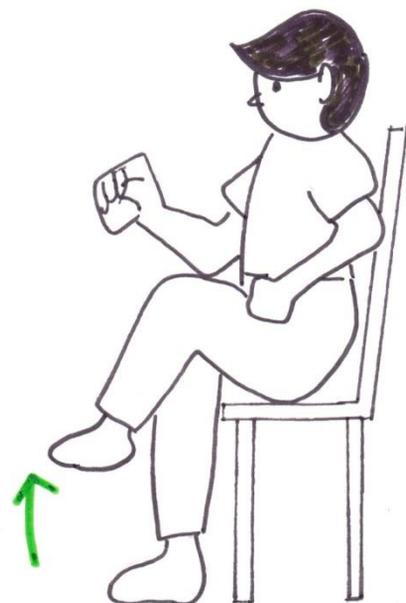
7. 体幹回旋



8.股関節内外転



9.足踏み



10.つま先上げ



11.踵上げ



12.ハムストリングス腓腹筋



13.頸回し

