

Upper Limbs (Sitting)

<p><b><u>W3C Narration:</u></b></p> <p>This is an instructional video demonstrating an exercise routine. To ensure the safety and accuracy in doing the following exercises, people with impaired vision should attempt these exercises under the guidance of medical professionals, or while accompanied by carers or family members.</p>
<p><b><u>Female VO:</u></b></p> <p>'Stay Active at Home'</p> <p><b><u>W3C Narration:</u></b></p> <p>The title 'Stay Active at Home, Let's Get Moving' appear on the screen.</p>
<p><b><u>W3C Narration:</u></b></p> <p>An elderly is exercising under the guidance of two physiotherapists at home.</p> <p><b><u>Female VO:</u></b></p> <p>There are seven home-based exercise videos in the 'Stay Active at Home' series. Each has a different training objective and is guided by physiotherapists to improve common physical conditions. Let's get moving at home!</p>
<p><b><u>W3C Narration:</u></b></p> <p>On the right hand side of the screen, a cartoon depicting a person lifts a bottle with one hand, while the words 'Upper Limbs (Sitting)' appear on the left hand side.</p> <p><b><u>Female VO:</u></b></p> <p>Upper Limbs</p>
<p><b><u>W3C Narration:</u></b></p> <p>The words 'Strengthen Your Arms' appear in the top left corner of the screen. An elderly man is hanging his clothes with a clothes retriever reach pole. He feels tired afterwards and the male physiotherapist approaches and greets him.</p> <p><b><u>Physiotherapist says:</u></b></p> <p>Grandpa, don't you feel tired from hanging these clothes all by yourself?</p> <p><b><u>Grandpa says:</u></b></p> <p>Of course it's tiring, especially when the clothes are very thick in winter. I cannot even raise my arms afterwards.</p> <p><b><u>Physiotherapist says:</u></b></p> <p>Don't worry! I'll teach you some simple home-based exercise to strengthen your upper limb muscles. Hanging clothes and lifting objects will be much easier for you then.</p>
<p><b><u>W3C Narration:</u></b></p> <p>Exercise precautions are listed on the screen.</p> <p><b><u>Female VO:</u></b></p> <p>Before we start, here are a few things you should note: If you have chronic illnesses or have received a total hip replacement surgery, please seek medical advice before you exercise. If you</p>

feel unwell, stop exercising and consult a doctor immediately. If you can sit steadily and move around on a chair without any help or assistive devices, then this set of exercise is suitable for you.

**W3C Narration:**

The screen shows items needed for these exercises.

**Female VO:**

You will need the following items:  
Sports shoes to protect your feet and prevent fall.

**Female VO:**

A sturdy chair with a backrest and cannot easily tip over.

**W3C Narration:**

On the screen, the male physiotherapist places a sturdy chair with its backrest against a wall before sitting down.

**Female VO:**

For safety reason, it is suggested to place the chair against a wall during exercise. Do not use foldable chairs or chairs with wheels.

**W3C Narration:**

Two water bottles appear on screen.

**Female VO:**

Please prepare two water bottles that can hold about 300 to 500 ml of water. For better grip, please choose bottles that are narrower in the middle.

**W3C Narration:**

On the screen, an elderly man is seated on the sturdy chair. Holding a water bottle in each hand, he is exercising with ease.

**Female VO:**

You may start with a small amount of water first, then adjust the water amount according to your capability. The exercise should be a bit tiring but should not cause any discomfort.

**W3C Narration:**

On the right hand side of the screen, a cartoon depicting a person lifts a bottle with one hand, while the words 'Upper Limbs (Sitting)' appear on the left hand side.

**Female VO:**

Upper Limbs. This set of exercise can strengthen your upper limb muscles. It will only take about six minutes to complete the whole set.

**W3C Narration:**

The screen shows a home environment where two physiotherapists and an elderly man are each sitting on a sturdy chair, with two bottles under their chairs. They are about to start the exercise demonstration.

**Female VO:**

Ok, let's start!

Let's sit a bit near the edge of the chair and sit steadily. Make sure your whole buttocks are on the chair. Great, let's warm up first. Just follow us. 3, 2, 1 Let's move!

**W3C Narration:**

The words 'Arm Swings and Steps' appear in the top left corner of the screen. Two physiotherapists demonstrate 'Arm Swings and Steps' and the elderly man follows their actions. First, arms by your side, bend your elbows at 90 degrees. Palms facing inwards, clench your fists gently. Step on the spot while staying seated, and swing your arms gently, in sync with your legs, as if to mimic a jogging motion.

**Female VO:**

Swing your arms and step with ease as if you're jogging.  
Step in place gently.  
Sit upright and look straight ahead.  
Swing your arms back and forth while stepping in place.  
Remember to keep breathing normally.  
Beginners may exercise with company.

**Female VO:**

After warming up, let's do "Forearm Stretches"

**W3C Narration:**

The words 'Forearm Stretches' appear in the top left corner of the screen. A vertical chart with the numbers 1 to 6 indicates the total number of repetitions to be performed, on the right of the screen.

Two physiotherapists demonstrate 'Forearm Stretches' while the elderly man follows their actions.

First, place your hands together and interlock your fingers in front of your chest. Turn your palms to face outwards and straighten your arms away from your chest. Keep your arms level with your shoulders. Hold for ten seconds and then return to the starting position, with hands apart.  
Repeat six times.

**Female VO:**

Interlock your fingers, stretch your arms with your palms facing out. We'll repeat this six times. Sit upright and look straight ahead. Don't look down or shrug your shoulders.  
Try to keep your elbows straight and hold for about ten seconds. You should feel a little tension in your arms during stretching. Take it slow. Avoid jerky movements. Sustain the position.  
Keep it up! Keep following us. Don't push yourself too hard. Exercise within your capacity. We'll repeat this six times to relax our muscles and joints in order to reduce the chance of injury. Hang in there and keep your back straight.  
Two more times. Remember to keep your elbows straight.  
Be sure to keep breathing normally.  
One last time!  
Well done! We're almost there.

**Female VO:**

Your arm muscles should feel less tight after stretching, right?  
Now, let's move on to strengthening exercises for our upper limbs. Get your water bottles ready.

**W3C Narration:**

Two physiotherapists and the elderly man take the two bottles from under their chairs and hold one with each hand.

**Female VO:**

Now we'll do 'Front Arm Lifts'.

**W3C Narration:**

The words 'Front Arm Lifts' and "Strengthen upper limb muscles' appear in top left corner of the screen.  
A vertical chart with the numbers 1 to 8 indicates the total number of repetitions to be performed, on the right of the screen.  
Two physiotherapists demonstrate 'Front Arm Lifts' and the elderly man follows their actions.

First, place your arms by your side, with a bottle in each hand, palms facing forward. Bend your right elbow slowly until the bottle is level with your shoulder. Then, slowly raise your arm straight with the bottle in your hand. Your palm should face inwards when your arm is completely straight. Hold this position for five seconds. Slowly lower your arm, and bend your elbow until the bottle is level with your shoulder. Slowly place your hand by your side, palm facing forward still holding the bottle in your hand. Repeat this routine with your left hand. Then, repeat this routine eight times on each side.

**Female VO:**

Hold the bottles with your palms facing forward. Lift the bottle to shoulder height then push it upwards until your arms are fully extended. We'll repeat this eight times on each side. Slowly lift and put down your arms. Hold your arms up for about five seconds. Pay attention to where your palms and bottles are facing. Your palms should face inwards when lifting your arms. They should face front when your arms are down. Remember to bend your elbows first before lifting or lowering your arms. Keep breathing normally. Don't hold your breath. Try not to slouch. Sit upright and look straight ahead. Keep it up!

This can strengthen your arms. Lifting your arms to reach for things will be easier later on. Just try your best. Don't push yourself too hard. Keep following us.

Three more times on each side. Keep it up! Try to keep your elbows straight when lifting your arms. Keep breathing normally.

Two more times on each side. Great, keep it up! Sit upright. One last time on each side, well done!

**Female VO:**

Now we'll do 'Corkscrew Punches'

**W3C Narration:**

The words 'Corkscrew Punches' and "Strengthen upper limb muscles" appear in top left corner of the screen. A vertical chart with the numbers 1 to 8 indicates the total number of repetitions to be performed, on the right of the screen.

Two physiotherapists demonstrate 'Corkscrew Punches' and the elderly man follows their actions.

First, hands by your side. Holding one bottle in each hand, bend your elbows to 90 degrees with your palms facing upwards. With your right hand, straighten your arm so that it is level with your shoulder, and turn your palm to face downwards at the same time.

Hold this for five seconds before moving your hand back to the starting position. Repeat the above with your left hand. Repeat eight times on each side.

**Female VO:**

Your palms should face upwards. Stretch one arm to slowly throw one punch with that hand. We'll repeat this eight times on each side. Throw your punch and hold the pose for five seconds. Note that your palm should face downwards after throwing your punch. It may look like kung fu, but you should throw your punches slowly and gently. Don't punch too hard or you will hurt yourself.

Slowly rotate your fist and extend the arm at chest level. Don't tilt your body. Sit upright and look straight ahead.

Keep it up! Keep following us.

Don't push yourself too hard. Exercise within your capacity. Stop if you feel unwell.

Well done.

This can strengthen your forearms, and you'll be able to hold a teapot more firmly next time!

Three more times on each side. Very good! Slowly rotate your fist and punch. Keep going! Keep your back straight.

Two more times on each side. Keep it up! Be sure to breathe normally. One last time on each side. Hang in there! Great job everyone. We're done!

**Female VO:**

If your ability allows, you may perform these strengthening exercises on alternate days, ten to fifteen repetitions on each side per set, one to three sets each time. Mild muscle fatigue after exercise is normal. Any muscle soreness should be mild and temporary. Make exercise a habit, and you will appreciate the fun and benefits of it.

**W3C Narration:**

Two physiotherapists, the elderly lady and the elderly man are smiling at the camera in high spirits.

**W3C Narration:**

The logos of the Department of Health and Elderly Health Service appear on the screen.

**W3C Narration:**

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