

Upper Back & Posture (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 his arms with a bottle in each hand, while the words ‘Upper Back &amp; Posture (Sitting)’ appear on the left hand side.</p> <p><b><u>Female VO:</u></b></p> <p>Upper Back &amp; Posture</p>
<p><b><u>W3C Narration :</u></b></p> <p>The words ‘Correct Posture’ appear in the top left corner of the screen. An elderly man keeps browsing the mobile phone with his head down and he feels soreness and stiffness in his shoulders and neck. The male physiotherapist approaches and greets him.</p> <p><b><u>Physiotherapist says:</u></b></p> <p>Hey grandpa, what caught your attention?</p> <p><b><u>Grandpa says:</u></b></p> <p>I'm just browsing on my phone. We can't go outdoor lately so I am just playing on my phone. It has only been an hour but I am already having neck and shoulder pain.</p> <p><b><u>Physiotherapist says:</u></b></p> <p>Of course, you've been slouching and your posture is poor. Don't worry! I'll teach you some simple home-based exercise to ease your shoulder pain and correct your slouching posture. Remember to maintain a good posture when using your phone next time and take a break midway.</p> <p><b><u>W3C Narration :</u></b></p>

Exercise precautions are listed on the screen.

**Female VO:**

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 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 his arms with a bottle in each hand, while the words 'Upper Back & Posture (Sitting)' appear on the left hand side.

**Female VO:**

Upper Back & Posture.

This set of exercise can strengthen your upper back muscles and improve your posture. 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 'Shoulder Stretches'.

**W3C Narration :**

The words 'Shoulder 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 'Shoulder Stretches' while the elderly man follows their actions.

First, place your right hand on your left shoulder. Push the right elbow backward with your left hand so you feel a stretch over your right shoulder. Hold for about ten seconds before returning to the starting position. Repeat the above with your left hand. Repeat six times on each side.

**Female VO:**

Place one hand on the other shoulder, push the elbow backward with the other hand. We'll repeat this six times on each side. You should feel a little tension in your upper shoulder.

Hold for ten seconds.

Just rest your hand on your shoulder during stretching. Don't press too hard on your shoulder. You should not twist your body.

We'll repeat this six times on each side to relax our muscles and joints in order to reduce the chance of injury.

Sit upright and look straight ahead. Don't look down or shrug your shoulders. Don't push yourself too hard. Just exercise within your capacity.

Remember to keep breathing normally. Four more times on each side. Remember to keep your back straight.

Don't press too hard on your shoulders. Push the elbow backward with the other hand. Take it slow. Avoid jerky movements. Sustain the position.

Three more times on each side. Keep it up! Remember to keep breathing normally. Don't push yourself too hard. Just exercise within your capacity. Stop if you feel unwell. Keep going! Straighten your back. You can do it! Two more times on each side. Keep it up!

Well done! We're almost done. Keep breathing normally. Don't hold your breath.

One last time on each side.

Keep it up!

**Female VO:**

Your shoulder muscles should feel less tight after stretching, right?

Now, let's move on to strengthening exercises for our upper back muscles. 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.

**W3C Narration :**

The words 'Shoulder Blade Squeezes' and "Strengthen upper back 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 'Shoulder Blade Squeezes' and the elderly man follows their actions. First, hands by your side, bend your elbows to 90 degrees with your palms facing inwards and holding one water bottle in each hand. Pull your elbows back and squeeze your shoulder blades together. Hold for about five seconds then return your hands to the starting position. Repeat eight times.

**Female VO:**

Hold the bottles and pose your hands on both sides as if you're jogging.

Pull your elbows back then squeeze your shoulder blades together.

This exercise is called 'Shoulder Blade Squeezes'. You should feel a little tension in your upper back muscles. We'll repeat this eight times.

Do it slowly. Don't rush.

Hold for about five seconds

Don't tilt your head forward or shrug your shoulders. Keep it up! We're halfway through. This can strengthen your shoulder blades, correct slouching and relieve your neck and shoulder pain. Three more times. Pull your elbows back then squeeze your shoulder blades together.

Two more times, you can do it!

Sit upright and look straight ahead.

One last time. Well done!

**Female VO:**

We'll do 'Side Arm Lifts' next.

**W3C Narration :**

The words 'Side Arm Lifts' and "Strengthen upper back muscles' appear in the 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 'Side Arm Lifts' and the elderly man follows them. First, hands by your side with your palms facing forward. Keep your arms straight, holding a bottle in each hand. The bottle caps should be facing outward. Lift your arms sideways as if you are drawing out a big circle, keeping your elbows straight. Raise your arm all the way until the bottle caps are touching. Hold this position for about five seconds. Remember to straighten your elbows with your palms facing forward. Return your hands to the starting position. Repeat eight times.

**Female VO:**

Hold the bottles with the bottle caps facing outward. Lift your arms sideways till the caps are facing each other. Straighten your elbows, your palms should face forward. We will repeat this eight times.

Lower your arms and repeat.

Hold your arms up for about five seconds. Slowly lift and lower your arms. It's alright if you cannot hold your arms up high. Just try your best.

Pour some water out if the bottles are too heavy for you. Just remember not to hurt yourself. This can strengthen your upper back muscles and improve your posture Don't pull your arms too far back when holding them up or you will hurt yourself. Don't tilt your body. Sit upright, tuck your abdomen in and look straight ahead. Keep up the great work! We're almost 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 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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