

Upper Limbs & Back (Sitting)

<p><b><u>W3C Narration:</u></b> 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> 'Stay Active at Home'</p> <p><b><u>W3C Narration:</u></b> The title 'Stay Active at Home, Let's Get Moving' appear on the screen.</p>
<p><b><u>W3C Narration:</u></b> An elderly is exercising under the guidance of two physiotherapists at home.</p> <p><b><u>Female VO:</u></b> 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> On the right hand side of the screen, a cartoon depicting a person lifts a bottle with both hands sideways, while the words 'Upper Limbs &amp; Back (Sitting)' appear on the left hand side.</p> <p><b><u>Female VO:</u></b> Upper Limbs &amp; Back</p>
<p><b><u>W3C Narration :</u></b> The words 'Strengthen Your Back' appear in the top left corner of the screen. An elderly lady feels tired while tidying up the table. The female physiotherapist approaches and greets her.</p> <p><b><u>Physiotherapist says:</u></b> Grandma, let me help you to tidy up the table.</p> <p><b><u>Grandma says:</u></b> Thanks, it took me almost an hour to prepare the meal. It's so exhausting. Sometimes when the weather is bad, my body aches.</p> <p><b><u>Physiotherapist says:</u></b> It must be hard for you, it's not easy to prepare a meal and we can't help you much when we are at work. Let me teach you some simple home-based exercise to strengthen the muscles in your upper limbs and back. This will improve your back pain.</p> <p><b><u>Grandma says:</u></b> That'll be great!</p>
<p><b><u>W3C Narration :</u></b> Exercise precautions are listed on the screen.</p>

<p><b><u>Female VO:</u></b> 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.</p>
<p><b><u>W3C Narration:</u></b> The screen shows items needed for these exercises.</p>
<p><b><u>Female VO:</u></b> You will need the following items: Sports shoes to protect your feet and prevent fall.</p>
<p><b><u>Female VO:</u></b> A sturdy chair with a backrest and cannot easily tip over.</p>
<p><b><u>W3C Narration:</u></b> On the screen, the male physiotherapist places a sturdy chair with its backrest against a wall before sitting down.</p>
<p><b><u>Female VO:</u></b> For safety reason, it is suggested to place the chair against a wall during exercise. Do not use foldable chairs or chairs with wheels.</p>
<p><b><u>W3C Narration :</u></b> A water bottle appears on screen.</p>
<p><b><u>Female VO:</u></b> Please prepare a water bottle that can hold about 300 to 500 ml of water. For better grip, please choose bottles that are narrower in the middle.</p>
<p><b><u>W3C Narration :</u></b> On the screen, an elderly lady is seated on the sturdy chair. Holding one water bottle with both hands, she is exercising with ease.</p>
<p><b><u>Female VO:</u></b> 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.</p>
<p><b><u>W3C Narration :</u></b> On the right hand side of the screen, a cartoon depicting a person lifts a bottle with both hands sideways, while the words 'Upper Limbs &amp; Back (Sitting)' appear on the left hand side.</p>
<p><b><u>Female VO:</u></b> Upper Limbs &amp; Back. This set of exercise can strengthen your upper limbs and back muscles. It will only take about eight minutes to complete the whole set.</p>
<p><b><u>W3C Narration :</u></b> The screen shows a home environment where two physiotherapists and the elderly lady are each sitting on a sturdy chair, with a bottle under their chairs. They are about to start the exercise demonstration.</p>

**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 lady 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 stretch our trunk.

We'll do 'Side Bends' now.

**W3C Narration :**

The words 'Side Bends' 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 'Side Bends' while the elderly lady follows their actions.

First, sit with your feet slightly apart while holding onto the armrest or edge of the chair with your left hand. Raise your right hand and bend sideways to the left. Your head should tilt slightly at the same time. Hold for about ten seconds and then return to the normal sitting position, lowering your right hand. Repeat this side stretch motion to the right. Then, repeat this six times on each side.

**Female VO:**

Sit with your feet slightly apart while holding onto the chair with one hand. Raise your other hand and bend sideways. We'll repeat this six times on each side. You should feel a little tension around your waist. Hold for ten seconds. Sit upright and look straight ahead. Slightly tilt your head. Place one hand on the chair. Raise your other hand and bend sideways. Take it slow. Avoid jerky movements. Sustain the position. Keep it up.

Look straight ahead, slightly tilt your head. Keep breathing normally, don't hold your breath.

We'll repeat this six times on each side to relax our muscles and joints in order to reduce the chance of injury. Don't push yourself too hard. Just exercise within your capacity. Three more

times on each side. Keep it up, just follow us. Remember to keep breathing normally, well done! Two more times on each side, you can do it!  
Great, keep it up! One last time on each side.  
You can do it!

**Female VO:**

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

**W3C Narration:**

Two physiotherapists and the elderly lady each take the bottle from under their chairs and hold it with both hands.

**Female VO:**

We'll be doing 'Turns & Lifts'

**W3C Narration :**

The words 'Turns & Lifts' and "Strengthen upper limbs and 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 'Turns & Lifts' and the elderly lady follows their actions. First, hold the water bottle with both hands on your thighs. Now, lift your arms until they are level with your shoulders, keeping the elbows straight. Turn the body to the right gently. Keep your eyes on the bottle and raise both arms further up, lifting the bottle diagonally. Keep your elbows straight and hold this position for about five seconds. With your upper body return to starting position, lower your hands until they are level with the shoulder, then lower the bottle back down until it touches your thighs. Repeat on the left side. Repeat eight times on each side.

**Female VO:**

Hold the bottle with both hands. Straighten your arms and lift them to shoulder level. Turn your body slowly. Keep your eyes on the bottle. Lift it diagonally. Try to keep your elbows straight. Make sure you do not lean forward. Tuck your abdomen in and sit upright. We'll repeat this eight times on each side. This can strengthen your back and ease your back pain. Keep breathing normally. Don't hold your breath. Eyes on the bottle and lift it diagonally. Don't tilt your body. Keep it up! Don't push yourself too hard. Just exercise within your capacity. Stop if you feel unwell. Keep following us. Keep it up! Be sure to keep your back straight. Well done, everyone! You can do it! Three more times on each side. Keep following us. Don't tilt your body. Two more times on each side, we're almost there. Remember to keep breathing normally. Take it slow, don't rush.  
One last time on each side. Keep going!

**Female VO:**

Next, we will do 'Chair Dips' now

**W3C Narration:**

The female physiotherapist puts the bottle back under the chair. Then she places the chair against a wall and sits on the chair to demonstrate 'Chair Dips'. The words 'The chair should be placed against a wall' appear in the top right corner of the screen.

**Female VO:**

Remember to place the chair against a wall. For clearer demonstration, we have moved our chairs away from the wall. However, you should always position your chair against a wall!

**W3C Narration :**

The words 'Chair Dips' and 'Strengthen upper limbs and 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 'Chair Dips' and the elderly lady follows their actions. First, hold onto the edges of the chair or the armrests with both hands. Straighten your arms to lift your body with your feet still on the floor until your bottom is off the chair. Tilt your body slightly forward with your eyes looking at a spot farther away from you. Keep your neck straight. Hold for five seconds and return your body to starting position. Repeat eight times.

**Female VO:**

Grab the edges of the chair or armrests. Push your body up until your bottom is off the chair and your elbows are straight. This is just like pushing yourself up to get up from a chair. You should lean slightly forward when getting up, but do not lean too forward or you may fall. Focus at a spot on the ground farther away in front of you to keep your neck naturally extended. We'll repeat this eight times. Just follow us. Hold for five seconds. Place your feet apart to support your body evenly. Great job, everyone.

If you cannot lift your bottom, just try your best to keep your elbows straight.

This way you won't have to force your bottom off the chair.

Three more times and we are almost done. Your chair should be placed against a wall. This can strengthen our upper limb and back muscles. Just slightly tilt your body forward. One more time. Very good! We are almost done! Keep breathing normally. 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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