

Lower Limbs & Abdomen (Sitting)

<p><u>W3C Narration:</u> 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><u>Female VO:</u> 'Stay Active at Home'</p>
<p><u>W3C Narration:</u> The title 'Stay Active at Home, Let's Get Moving' appear on the screen.</p>
<p><u>W3C Narration:</u> An elderly is exercising under the guidance of two physiotherapists at home.</p>
<p><u>Female VO:</u> 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><u>W3C Narration :</u> On the right hand side of the screen, a cartoon depicting a person lifts his legs on a chair, while the words 'Lower Limbs & Abdomen (Sitting)' appear on the left hand side.</p>
<p><u>Female VO:</u> Lower Limbs & Abdomen</p>
<p><u>W3C Narration :</u> The words 'Strengthen abdomen and leg muscles' appear in the top left corner of the screen. An elderly lady is resting on the sofa after putting aside her shopping trolley. The female physiotherapist approaches and greets her.</p> <p><u>Physiotherapist says:</u> Wow grandma, you've bought so much food!</p> <p><u>Grandma says:</u> Yea, I could buy more with the help of a shopping trolley. But I was walking around comparing prices. My legs feel so weak after all this walking.</p> <p><u>Physiotherapist says:</u> Let me teach you some simple home-based exercise to strengthen the muscles in your lower limbs and abdomen. This will improve your leg strength.</p> <p><u>Grandma says:</u> Sure, that'll be great!</p>
<p><u>W3C Narration:</u> Exercise precautions are listed on the screen.</p>
<p><u>Female VO:</u></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 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 :

On the screen are items needed for the exercise including a long towel and sandbags.

Female VO:

We will need a long towel. It should not be too thin as you will be pulling at it. You will also need two sandbags, each about 1 to 2 pounds.

Female VO:

It's fine if you don't have any sandbags at home. We will show you how to make one.

W3C Narration :

The screen shows steps of making sandbags

Female VO:

First, prepare 1 to 2 pounds of rice or beans. Put them into a plastic bag and seal it. Put the plastic bag inside a long cotton sock and slide it to the middle. Then tie the socks around your ankles.

Female VO:

You may start with a lighter weight first then adjust the weight according to your capability.

W3C Narration :

On the screen, an elderly lady sits with her hands holding onto the edges of a chair. She has wrapped some sandbags around her ankles and is lifting her leg off the chair, one leg after the other.

<p><u>Female VO:</u> The exercise should be a bit tiring but should not cause any discomfort.</p>
<p><u>W3C Narration :</u> On the right hand side of the screen, a cartoon depicting a person lifts his legs on a chair, while the words 'Lower Limbs & Abdomen (Sitting)' appear on the left hand side.</p> <p><u>Female VO:</u> Lower Limbs & Abdomen. This set of exercise can strengthen your lower limbs and abdomen. It will only take about eight minutes to complete the whole set.</p>
<p><u>W3C Narration :</u> The screen shows a home environment where two physiotherapists and the elderly lady are each sitting on a sturdy chair, with two sandbags and a folded towel under their chairs. They are about to start the exercise demonstration.</p> <p><u>Female VO:</u> 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!</p>
<p><u>W3C Narration :</u> 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.</p> <p><u>Female VO:</u> 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.</p>
<p><u>Female VO:</u> We'll do 'Ankle Rotations'</p> <p><u>W3C Narration :</u> The words 'Ankle Rotations' appear in the top left corner of the screen. A vertical chart with the numbers 1 to 3 indicates the total number of repetitions to be performed, on the right of the screen.</p>

Two physiotherapists demonstrate 'Ankle Rotations' while the elderly lady follows their actions. First, lift your left foot slightly, with your knee slightly bent. Keep your foot off the ground. Turn your ankle in a circular motion, turn inwards for three times. Put your left foot down and repeat with your right foot. Once you have turned both ankles inwards, repeat once more but turning your ankles outwards for three times. Alternate between turning inwards and outwards of your ankles three times on each leg.

Female VO:

Rotate your foot inwards for three times. Keep your knees slightly bent throughout the process. Then rotate your foot outwards for three times. Keep your foot slightly above the ground. Remember to keep your back straight. Rotate inwards for three times again. Don't lift both feet at the same time or you will overload your back. Now rotate outwards. Keep your knee and calf still. They should not be moving together with the foot. Now rotate inwards again. Do it slowly. Don't rush. Lastly, rotate outwards for three times again.

Female VO:

After warming up, let's get our towels ready and do 'Calf Stretches'.

W3C Narration :

Two physiotherapists and the elderly lady take their towels from under their chairs.

W3C Narration :

The words 'Calf 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 'Calf Stretches' and the elderly lady follows their actions. First, hold one end of the towel in each hands and loop it under the sole of your left foot. Straighten your knee and pull the towel with both hands towards your abdomen until your foot is pointed upwards. Hold for about ten seconds. Put your left foot down and repeat the above with your right foot. Do it alternately. Repeat six times with each foot.

Female VO:

Loop the towel around one foot, then straighten your knee. Firmly pull the towel so that your toes are pointing at yourself.

We'll repeat this six times on each side to relax our muscles and joints in order to reduce the chance of injury. You should feel a little tension in the back of your lower legs during stretching. Hold for ten seconds. Keep back straight and don't bend forward. That is why we need a long towel. Remember to point your foot and toes at yourself. Keep it up! Take it slow. Avoid jerky movements. Sustain the position. Remember to keep breathing normally. Three more times on each side.

Keep it up, just follow us.

Great, keep it up!

Two more times on each side, you can do it! We're almost done.

Keep back straight and don't bend forward. One last time on each side. Keep it up!

Remember to keep breathing normally.

Female VO:

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

W3C Narration :

Two physiotherapists and the elderly lady place their towels under their chairs after folding them. They take their sandbags and tie around their ankles.

Female VO:

Now, let's move on to strengthening exercises for our lower limbs and abdomen. Tie your homemade rice bags or sandbags around your ankles.

W3C Narration :

The physiotherapist ties homemade rice bags around her ankles on the right split screen, while tying sandbags around her ankles on the left split screen.

Female VO:

We'll do 'Knee Lifts'

W3C Narration :

The words 'Knee Lifts' and 'Strengthen lower limbs and abdomen muscles' appear in the top left corner of the screen, with a small split screen below them showing ankles tied with homemade rice bags.

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 'Knee Lifts' and the elderly lady follows their actions.

First, hold onto the edges or armrests of the chair. Sit upright and keep your back off the backrest. Keeping your knees bent with legs straight against the ground, lift your left leg off your chair. Hold for about five seconds then lower your left leg. Repeat the above with your right leg. Do it alternately. Repeat eight times with each leg.

Female VO:

Grab the edges of the seat or armrests. Try your best to lift your knee and keep your back straight. You should not lean on the backrest. We'll repeat this eight times on each side. Hold for five seconds. Keep breathing normally. Don't hold your breath. This can strengthen the muscles in your lower limbs and abdomen. You can then get on and off public transport with ease afterwards.

Lift your knee a bit higher if you can. Remember to maintain your balance by holding onto the chair. Keep going! Keep your back straight. Don't push yourself too hard. Just exercise within your capacity. Three more times on each side. Do it slowly, don't rush. Well done! Two more times on each side. We're almost done. One last time on each side. Keep up the great work!

<p><u>Female VO:</u> Next we'll do 'Knee Straightening'</p> <p><u>W3C Narration :</u> The words 'Knee Straightening' and 'Strengthen lower limbs and abdomen muscles' appear in the top left corner of the screen, with a small split screen below them showing ankles tied with homemade rice bags. A vertical chart with the numbers 1 to 8 indicates the total number of repetitions to be performed, on the right of the screen.</p> <p>With sandbags tied around their ankles, two physiotherapists demonstrate 'Knee Straightening' and the elderly lady follows their actions. First, hold onto the edges or armrests of the chair. Straighten your left knee with your thighs on the chair. Your foot should be pointing upwards. Hold for five seconds then lower your left foot. Repeat the above with your right foot. Do it alternately. Repeat eight times with each leg.</p> <p><u>Female VO:</u> Grab the edges of the seat or armrests. Try your best to straighten your knee slowly. Point your foot and toes at yourself and your thighs should be touching the chair. Slowly move your leg up and down. Keep breathing normally, don't hold your breath. We'll repeat this eight times on each side. Don't tilt your body. Point your foot and toes at yourself. It's alright if you cannot keep up at first. Just give it a few more tries and you will get there. Keep breathing normally. Keep your thighs on the chair. Keep it up! It's normal for your thighs to feel a little tired now but this exercise shouldn't be too strenuous for you or cause any pain. This can strengthen your thighs, protect your knees and reinforce your legs for walking. You can do it! Keep it up! Two more times on each side. Sit upright and look straight ahead. One last time on each side. Great job, everyone! We're done!</p>
<p><u>Female VO:</u> 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</p>
<p><u>W3C Narration:</u> Two physiotherapists, the elderly lady and the elderly man are smiling at the camera in high spirits.</p>
<p><u>W3C Narration:</u> The logos of the Department of Health and Elderly Health Service appear on the screen.</p>
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