

Stay Active at Home - Lower Limbs & Abdomen (Sitting)

There are seven home-based exercise videos in the 'Stay Active at home' series
Each video has a different training objective
and is guided by physiotherapists

to improve common physical conditions

Let's get moving at home!

Lower Limbs & Abdomen

Wow grandma, you've bought so much food

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

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

Sure, that'll be great!

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

You will need the following items:

Sports shoes to protect your feet and prevent fall

A sturdy chair with a backrest and cannot easily tip over

For safety reason, place the chair against a wall during exercise

Do not use foldable chairs or chairs with wheels

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
It is fine if you do not have any sandbags at home
We will show you how to make one
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
You may start with a lighter weight first
Then adjust the weight according to your capability
The exercise should be a bit tiring but should not cause any discomfort
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
Ok, let's start!
Let's sit near the edge of the chair and sit steadily
Make sure your buttocks are on the chair
Great, let's warm up first
Just follow us
Let's move!
Swing your arms and step with ease as if you are 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
We'll do 'Ankle Rotations'
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
After warming up
Let's get our towels ready
and do 'Calf Stretches'
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

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

Now, let's move on to strengthening exercises for our lower limbs and abdomen

Tie your homemade rice bags or sandbags around your ankles

We'll do 'Knee Lifts'

Wrap your fingers around the edges of the seat or armrests

Try your best to lift your knee and keep your back straight

You should not lean back into 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 back straight

Don't push yourself too hard. Just exercise within your capacity

Three more times on each side

Take it slow. 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!

Next we'll do 'Knee Straightening'

Wrap your fingers around 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 legs 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 is 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 is normal for your thighs to feel a little tired now
but this exercise should not 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
If your ability allows, you can 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