

Stay Active at Home - Upper Back & Posture (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!

Upper Back & Posture

Hey grandpa, what caught your attention?

I'm just browsing on my phone

We can't go out lately so I am just playing on my phone

It has only been an hour

But I am already having neck and shoulder pain

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

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

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

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

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

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

After warming up

Let's do 'Shoulder Stretches'

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!
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
Hold the bottles and pose your hands as if you are jogging
By both sides

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
We'll do 'Side Arm Lifts' next
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 is 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 done

Great job, everyone!

We're done

If your ability allows, you can 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