

Stay Active at Home - Upper Limbs & Back (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 Limbs & Back

Grandma, let me help you to tidy up the table

Thanks, it took me almost an hour to prepare the meal

It is so exhausting

Sometimes when the weather is bad, my body aches

It must be hard for you

It's not easy to prepare a meal

And we cannot 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

That will 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

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

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 Limbs & 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

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 stretch our trunk

We'll do 'Side Bends'

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!

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

We'll be doing 'Turns & Lifts'

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!
Next, we will do 'Chair Dips' now
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!
Wrap your fingers around the edge 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 comfortably 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

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