

Stay Active at Home - Upper Limbs (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

Grandpa, don't you feel tired from hanging these clothes all by yourself?

Of course it is tiring, especially when the clothes are very thick in winter

I cannot even raise my arms afterwards

Don't worry! I'll teach you some simple home-based exercise

to strengthen your upper limb muscles

Hanging clothes and lifting objects

will be much easier for you then

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 Limbs

This set of exercise can strengthen your upper limb muscles

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 'Forearm Stretches'

Interlock your fingers

Stretch your arms with your palms facing out

We'll repeat this six times

Sit upright and look straight ahead

Don't look down or shrug your shoulders

Try to keep your elbows straight and hold for about ten seconds

You should feel a little tension in your arms during stretching

Take it slow. Avoid jerky movements. Sustain the position

Keep it up!

Keep following us

Don't push yourself too hard. Exercise within your capacity

We'll repeat this six times

To relax our muscles and joints

In order to reduce the chance of injury

Hang in there and keep your back straight

Two more times

Remember to keep your elbows straight

Be sure to keep breathing normally

One last time

Well done! We're almost done!

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

Now, let's move on to strengthening exercises for our upper limbs

Get your water bottles ready

Now we'll do 'Front Arm Lifts'

Hold the bottles with your palms facing forward

Lift the bottle to shoulder height then push it upwards

until your arms are fully extended

We'll repeat this eight times on each side

Slowly lift and put down your arms

Hold your arms up for about five seconds

Pay attention to where your palms and bottles are facing

Your palms should face inward when lifting up your arms

They should face front when your arms are down

Remember to bend your elbows first before lifting or lowering your arms

Keep breathing normally. Don't hold your breath

Try not to slouch. Sit upright and look straight ahead

Keep it up!

This can strengthen your arms

Lifting your arms to reach for things will be easier later on

Just try your best
Don't push yourself too hard
Keep following us
Three more times on each side
Keep it up! Try to keep your elbows straight when lifting your arms
Keep breathing normally
Two more times on each side
Great, keep it up! Sit upright
One last time on each side. Well done
Now we'll do 'Corkscrew Punches'
Your palms should face upward
Stretch one arm to slowly throw one punch with that hand
We'll repeat this eight times on each side
Throw your punch and hold that pose for five seconds
Note that your palm should face downward after throwing your punch
It may look like kung fu
But you should throw your punches slowly and gently
Don't punch too hard or you will hurt yourself
Slowly rotate your fist and extend the arm at chest level
Don't tilt your body
Sit upright and look straight ahead
Keep it up!
Keep following us
Don't push yourself too hard. Exercise within your capacity
Stop if you feel unwell
Well done
This can strengthen your forearms
And you will be able to hold a teapot more firmly next time!
Three more times on each side
Very good! Slowly rotate your fist and punch
Keep going! Keep your back straight

Two more times on each side

Keep it up! Be sure to breathe normally

One last time on each side. Hang in there!

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