

21. Warm-up exercise

Lifting and transfer involve many limb movements of the carers

"That's why, we should do some suitable warm-up"

and stretching exercises

Before lifting and transfer

to let the bodies get into a better physical state to

reduce the risk of injury

Now let us demonstrate some simple and practical warm-up exercises

We have three carers to show us some simple and practical warm-up exercises

Exercise one : stepping

The purpose of stepping is to improve cardiopulmonary function

and overall blood circulation

After some time

you can increase the speed of stepping

Keep stepping for 2 to 5 minutes

Those with poor balance can hold on a handrail while doing this exercise

Exercise two : squat and lift

Separate your legs to shoulder width. Shift weight down by bending knees

"slowly and slightly, with the back leaning forward slightly"

Lower your arms and put your hands together as if lifting an object

straighten the knees and back slowly

Raise both arms and breathe in slowly with your nose

Then turn the palms upward and stretch

Finally breathe out slowly through your mouth while your arms are coming down

This exercise aims to warm up the whole body

to prepare the carer to stand with knee bent during lifting and transfer

It can also improve and prevent slump back

"Remember, when performing knee bending"

the knee cap should not go beyond the toes

The entire exercise should be done slowly

to improve the strength in knee bending

Repeat the exercise five times

Exercise three : shoulder rolling

Put the finger tips on the shoulders. Point elbows forwards

then upwards

and then backwards to draw circles

The aim is to relax the shoulder and neck muscles
as well as to improve blood circulation
"While doing this exercise, rotate the shoulders as much as you can"
That means drawing as big a circle as possible
Repeat ten times

Exercise four : head side tilting

Tilt the head to the right

You will feel a slight stretch on the left side of the neck

Hold for 10 seconds

The aim is to stretch our neck and shoulder muscles

Move slowly to avoid straining any muscles

"After doing the right side, tilt the head to the left"

You will feel a slight stretch on the right side of the neck

Hold for 10 seconds

Repeat the whole exercise five times on each side

Exercise five : trunk turning

Step forward with your right foot and step backward with the left

Stand with your legs spread as widely as possible

Bend the front knee and keep the rear knee straight

Maintain a bow stance

until you feel the left calf is slightly stretched

Place your hands flat on the chest

Turn your waist to the right and look backward

You will feel a slight stretch on the left side of the neck and waist

Hold for 10 seconds

"It aims to stretch the waist, neck, thigh and calf muscles"

Do it slowly to avoid straining any muscles

"Also, the knee should not go beyond the toes"

And do not turn the trunk when standing with both legs straight

This may cause knee injuries

Now we're finished with the right side. Let's do the left side

"Again, left foot step forward and right foot step backward"

Stand with your legs spread as widely as possible

Bend the left knee and keep the right leg straight

Maintain a bow stance

until you feel the right calf is slightly stretched

Place your hands flat on the chest

Turn your trunk to the left and look backward

You will feel a slight stretch on the right side of the neck and waist

Hold for 10 seconds

Repeat the exercise five times for both sides

Exercise six : forearm stretching

Straighten your elbow and lift the right hand up to shoulder level

Pull the right palm backward with the left hand

You will feel a slight stretch in the right forearm and wrist

Hold for 10 seconds

This exercise aims to stretch and relax forearm and wrist muscles to prevent and reduce strain on the forearm

and wrist caused by regular moving or lifting work

"After that, do the same with the left hand"

Repeat the exercise five times for both sides

Then keep your arms at shoulder level and make a fist facing down

Push the right fist down with your left hand

You will feel a slight stretch in the forearm and wrist

Hold for 10 seconds

"After that, do the same with the left hand"

Repeat the exercise five times on both sides

Exercise seven : arm and upper back stretching

Place the right hand on your upper back

Hold the right elbow with your left hand

Slowly pull the elbow to the left

then bend the upper trunk sideways to the left

until you will feel a slight stretch in the right forearm and upper back

Then hold for 10 seconds

This exercise aims to stretch and relax upper arm and upper back muscles

It's important to keep the neck upright and don't drop down your head

"After that, do the same with the left hand"

Repeat the exercise five times for both sides

Exercise eight : trunk side-bending

Stand with legs apart at shoulder width

Place left hand on the waist

Raise the right hand and bend the trunk to the left

until you feel a slight stretch on the right side of the waist

Hold for 10 seconds

This exercise aims to stretch and relax back muscles

When doing this exercise

it's important not to bend forward
and do it slowly to avoid straining any muscle
"After that, place the right hand on the waist and raise your left hand"
Bend the trunk to the right and repeat the movements
Repeat the exercise five times on both sides
Hold on to a handrail for this exercise if you cannot balance yourself
Exercise nine : trunk backward-bending
Stand with legs apart at shoulder width
Place both hands behind the waist
Bend trunk backward until you feel a slight stretch at the chest
and abdomen or a slight pressure at the back
Hold for 10 seconds
This exercise aims to mobilize the back to improve the mobility and
flexibility
It's important not to push your tummy forward when doing this exercise
That means
don't move your body from the waist down and relax the neck
Don't lean your head backward. Look to the front
"To avoid straining any muscle, the whole movement should be slow"
Repeat the exercise five times
Hold on to a handrail for this exercise if you cannot balance well
Exercise ten : inner thigh stretching
Stand with legs widely apart
Place both hands on the waist
Shift weight to the left slowly
Bend the left knee and keep the right one straight
until you feel a slight stretch on the inside of your right thigh
Hold for 10 seconds
This exercise aims to stretch the inside of your thighs
to improve mobility and flexibility
It prepares us for proper posture with knee bending
"before lifting, transferring and moving objects"
Remember when bending your knees
they should not go beyond the toes
Keep the back straight all through the exercise and move slowly
to avoid straining any muscles
Repeat the exercise five times
Hold on to a handrail for this exercise if you cannot balance well

After completing the warm-up exercises
you will find they make you be much ready to do the lifting and transferring
tasks

The risk of injury is also reduced