

TIPS FOR RESISTANCE EXERCISES

BUILD STRENGTH AND FUNCTION

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Arm exercises

Repeat for 10 X
for 2 to 3 sets

Bicep curls

Hold on a light weight with straightened arm



Bend your elbow upwards slowly, keeping your elbow next to the body



Straighten elbow slowly



Upward press

Sit up tall on a chair, holding on a light weight at shoulder height



Raise your hand up to the ceiling, and lower it back down slowly

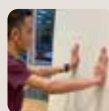


Wall push ups

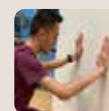
Sit on a firm chair, about 10cm away from a wall



Place the palms shoulder width apart on the wall



Bend elbows and lower chest towards the wall



Straighten elbow to push chest away from the wall

Leg exercises

Repeat for 10 X
for 2 to 3 sets

Sit to stand

Sit on a firm chair with armrests and bend your body forward



Stand up slowly, pushing off the armrests with your hands



Stand up fully, then slowly sit back down



Bridging

Lie down, bend both legs



Slowly lift your buttocks off the bed without arching the back



Slowly lower down

Tip toes

Sit straight on a firm chair



Slowly lift your heels up



Slowly lower your heels down

Arm stretches

Hold the stretch for 30 seconds, repeat 2 to 3 X

Cross arm

Cross your arm across your chest



Use your other arm to pull your crossed arm further across your body, keep your shoulder down

Overhead

Reach your arm toward the ceiling, then bend your elbow, with your palm touching your upper back



Place your other hand on top of the bent elbow and gently push downwards

Front thigh

Sit on a chair without armrests and scoot out to the edge of the chair



Drop one knee down the side of the chair



Bend your knee and grab your ankle, pulling it backwards

Lower leg

Sit on a chair and straighten out one leg



Hook a towel over the front part of your feet



Pull your toes towards yourself using the towel

Balance exercises

Repeat 2 to 3 X

Heel-toe walking

Stand tall with one foot directly in front of the other to form a straight line



Bring the back foot directly in front of the other foot with the toe of the hind leg touching the heel of the front leg



Repeat the steps 10 times, moving forward



To go backwards, place one foot directly behind the other foot to form a straight line



Repeat the steps 10 times, moving backward

Single leg stand

Stand upright with feet together



Lift one foot off the ground, using a support if needed



Try to balance for 15 to 20 seconds or as long as possible



Repeat for the other leg