

Physical Activity

B. Limited Mobility

Exercise safely

Congratulations! Despite having limited mobility, you have been exercising regularly for the past 3 months. Continue to achieve close to **150 minutes** of **moderately intense exercises each week**.

Remember to

- Wear comfortable clothing and appropriate footwear
- Check your feet for wounds before and after exercising
- Keep hydrated
- Bring along some healthy snacks or sugar-containing sweets in case your blood sugar goes too low
- Exercise at a cooler time

1. Sitting exercises



Simple stretches

- Stretch your arms and legs after **every 1 hour of sitting**.



Move more

- Stand up and walk around for **1 minute**, for **every 1 hour of sitting**.



Back of upper arm dips

- If possible, try this on a chair with arm rests. Place your hands on the arm rest and push yourself up using your arms. Try not to use your leg muscles to push yourself up. Repeat **12 to 15 times**. Do **2 to 3 sets**.

2. Aerobic exercises



Brisk walk

- Walk for **15 minutes** continuously at **least 3 times a week**. You may use your walking aid. You should be able to talk but not sing, while exercising.

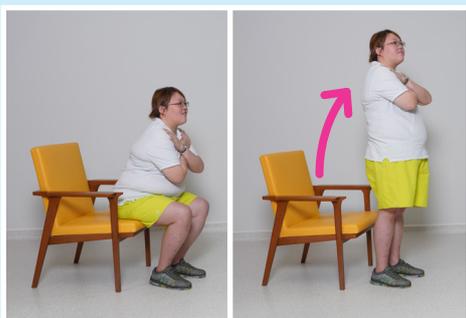


Cycling

- Using an exercise or pedal bike, cycle for at least **15 minutes daily**.

3. Strength exercises

Lower limbs



Stand-sit

- Perform sit-to-stand **10 to 20 times** continuously every morning and night. Repeat **for 2 to 3 sets**.



Stationary march

- Stand near a wall or support. March on the spot. Count **30 to 40 times**. Repeat **twice a day**. You may do this while seated, if too difficult.



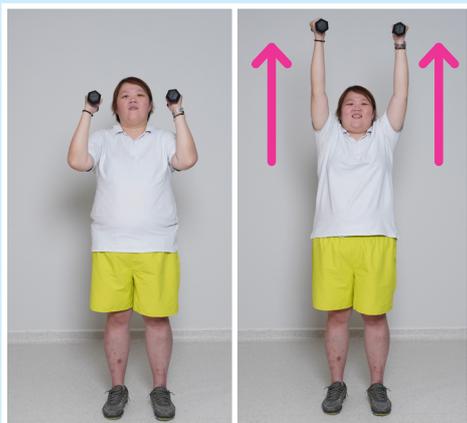
Heel raise

- Stand and hold on to a chair. Rise up to the tips of your toes. Repeat **10 to 20 times, twice a day**.

Gym machines offer added resistance and can improve your mobility. Seek help if you are unsure which machines are suitable for you.

Upper limbs

Resistance bands, weighted cables and dumbbell exercises can help to improve your upper limb strength. These exercises should be done correctly for safety.

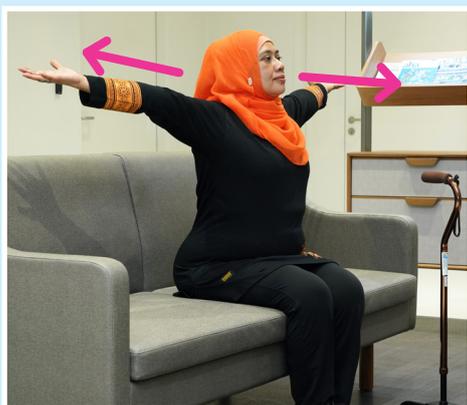


Shoulder dumbbell press

- Raise the dumbbells or filled water bottles up along the sides of your body with elbows bent. Straighten your elbows and push the dumbbells upwards over your head. Repeat **10 to 12 times**.

The weights you use should be heavy enough to perform this exercise 10 to 12 times. If you can do more than 15 repetitions, the weights are too light.

4. Flexibility exercises (stretches)



Chest stretch

- Sit in the middle of the chair. Open both arms sideways. Hold for **10 seconds**, repeat **10 times**.



Back thigh stretch

- Sit at the edge of the chair. Straighten one leg and lean forward (like in the picture). Hold for **10 seconds**, repeat **10 times**.

Pain management

- You should not feel any pain – just very minimal ache – when doing these exercises.
- Pain may be due to various reasons, like weak muscles due to a sedentary lifestyle, or tight muscles due to repetitive work.
- Exercise can help to relieve pain. However, if you have difficulty or pain with these exercises, seek help from an exercise professional or physiotherapist.

Check with your doctor if

- You are allowed to bear weight on your feet.
- You have well-fitted prosthesis.
- You have ulcers or wounds that limit weight bearing or movement.
- Your heart condition is stable enough for exercise.