

Physical Activity

**C - Sedentary
Wheelchair users**

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
- 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



Pressure relief

- Shift your weight left to right continuously for **10 times every 1 hour**. Progress to every **30 minutes**, if possible.



Shoulder mobility

- Sit in the middle of the chair. Roll your shoulders backwards. Hold for **10 seconds**. Repeat **10 times**.



Seated march

- Sit in the middle of the chair. Roll your shoulders backwards. Lift your thighs and march, alternating both feet. Repeat **20 times**.

If possible, it is better to perform this exercise on a more stable chair instead of a wheelchair.



Knee extension

- Sit in the middle of the chair without leaning against the back rest. Straighten your knee and raise your leg up. Repeat on the other leg. Repeat **20 times**.

If possible, it is better to perform this exercise on a more stable chair instead of a wheelchair

2. Flexibility exercises (stretches)



Chest stretch

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



Trunk rotation

- Sit in the middle of the chair. Rotate your trunk to each side, holding for **10 seconds** each. 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**.

3. Aerobic exercises



Cycling

- Using an exercise or pedal bike, cycle for **30 minutes daily**. You can also place a portable pedal bike on a table and use it as an arm cycling machine. *If possible, it is better to perform this exercise on a more stable chair instead of a wheelchair*

Join sporting events

Consider joining sports activities or events specially for people with disabilities, like wheelchair basketball etc.

4. Strength exercises

Perform these exercises 2 to 3 times a week.

Lower limbs



Knee extension

- Sit in the middle of the wheelchair without leaning against the back rest. **Strap on an ankle weight to one leg.** Straighten your knee and raise your leg up. Hold for **10 seconds**. Repeat **10 to 20 times** and do the same with other leg. Do this for **2 to 3 sets**.

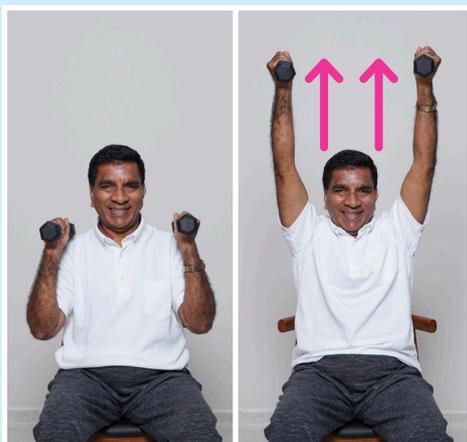


Stand-sit

- If you are able to, sit-to-stand **10 times** with the help of someone.

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.



Seated 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 times**, for **2 to 3 sets**.

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 have ulcers or wounds that limit weight bearing or movement.
- Your heart condition is stable enough for exercise.
- You develop giddiness, unusual breathlessness, chest tightness or pain during these exercises.

Remember

- You need to progress your exercises gradually.
- You may need professional help from a physiotherapist if you are unsure of your exercises and/or need progression.
- Supervised standing exercises may benefit you. Consult your doctor and physiotherapist.