

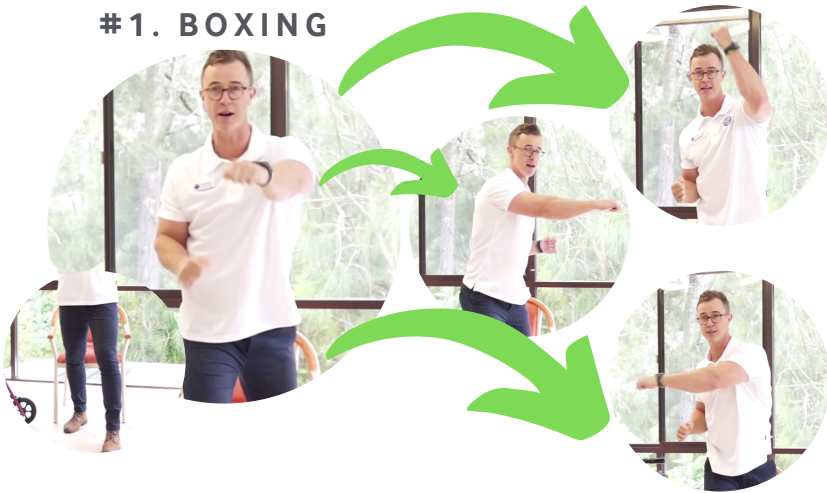


Wednesday

UPPER LIMB STRENGTH

Try to complete these exercises at least twice throughout the day to assist in maintaining or improving upper limb strength

#1. BOXING



Instructions: Place a walker/chair in front and a chair behind. In standing, widen your stance and practice punching in different directions.

Guide: 2 x 20 with each hand or continuously for 30-60 seconds

#2. SEATED DIPS



Instructions: Sitting in a seat with armrests - move your hands onto the armrests and push-up through your hands and try to straighten your elbows. As much as you can, try to use your arms instead of your legs.

Guide: 2 x 10 efforts (up and down) or continuously for 30-60 seconds

#3. BED/WALL PUSH UPS



Instructions: If using the bed, check the bed brakes are locked. Place your hands around shoulder height and width and your feet 1-2 feet away from the bed/wall. Slowly lower yourself towards the bed/wall and push back up. To make it harder, move your feet further away or lower the bed height.

Guide: 2 x 10 efforts (up and down)

If you start to feel unwell, dizzy, short of breath, experience chest pain or other pain - **STOP** - and press your call button.

You can find the full instructional videos at:
guidehealthcare.com.au/get-up-guide



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| | Boxing | Seated Dips | Bed/Wall Push Ups |
|--------|------------------|------------------|-------------------|
| Week 1 | Sets: Reps: | Sets: Reps: | Sets: Reps: |
| Week 2 | Sets: Reps: | Sets: Reps: | Sets: Reps: |
| Week 3 | Sets: Reps: | Sets: Reps: | Sets: Reps: |
| Week 4 | Sets: Reps: | Sets: Reps: | Sets: Reps: |
| Week 5 | Sets: Reps: | Sets: Reps: | Sets: Reps: |
| Week 6 | Sets: Reps: | Sets: Reps: | Sets: Reps: |
| Week 7 | Sets: Reps: | Sets: Reps: | Sets: Reps: |
| Week 8 | Sets: Reps: | Sets: Reps: | Sets: Reps: |

Don't forget to join us each Thursday at 11am for our live physiotherapist run exercise session on zoom.com. Simply download the zoom app on your phone, tablet or computer and use the

Meeting ID: 271-996-719