

Department of  
**ANAESTHESIOLOGY, INTENSIVE CARE AND PAIN MEDICINE**

# Chair Yoga Exercises



## What is Chair Yoga?

Chair yoga is adapted from traditional yoga and can be done while seated on a sturdy chair with no wheels. It is suitable for people with weakness in the legs and have problem standing.

## What are the Benefits of Chair Yoga?

- Helps you to stretch and improve muscle tone. Muscle tone is important for body posture.
- Improve your breathing
- Reduce stress
- Promote better sleep
- Improve sense of well-being

## Medical Disclaimer

You are strongly recommended to consult with your physician if you have any pre-existing medical conditions or injuries before beginning this exercise programme.

The following workout routine is not intended to substitute any medical treatment or to replace your healthcare professional.

Stop the exercise and consult your healthcare provider if you experience any pain or difficulty.

Tan Tock Seng Hospital does not assume any responsibilities for any physical injuries that may arise from this workout.

# General Instructions for Chair Yoga

1. Sit on a firm and stable chair with a back rest and no wheels.
2. Do not sit too close to the edge of the chair as you might lose your sense of balance. Refer to diagram 1 for the correct sitting posture.
3. Sit upright and breathe normally as you perform the exercises. Remember not to hold your breath.
4. Do not overstretch or force a stretch as this could worsen your condition.
5. All the exercises conducted should be relatively pain-free.
6. It is normal to feel a little stretch or pain, but you should not feel sharp pain.
7. If you are feeling unwell, dizzy or feel any pain during the exercise, please stop the activities.
8. If you have any medical condition(s), please consult your doctor before doing these exercises.

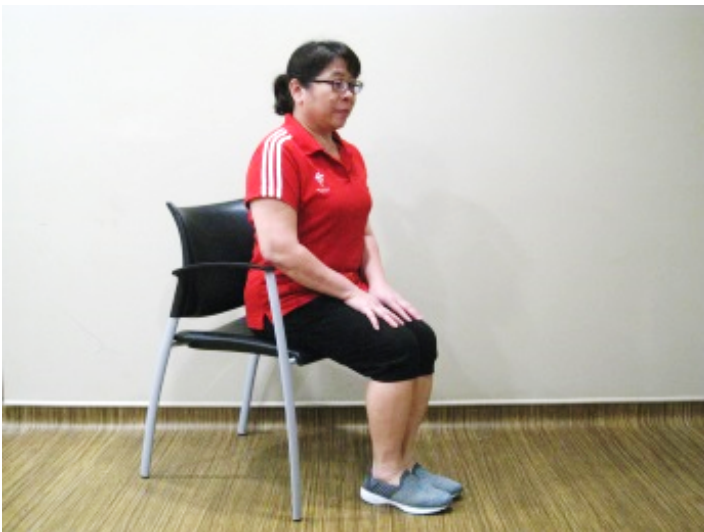


Diagram 1. Correct sitting posture

# Breathing Exercises

Always **start** and **end** your chair yoga exercises with breathing exercises.

1. Breathe in deeply through the nose. Feel your abdomen expanding when breathing in.
2. Breathe out through your mouth. Feel your abdomen flatten as you breathe out.
3. Repeat this exercise 5 times.



# Chair Yoga Exercises:

## Neck Rotation Exercise

1. Slowly turn your head to your right side as far as you feel comfortable to do so. Hold the position for 10 seconds.
2. Repeat step 1 on your left side.
3. Repeat the above steps, 5 times on both left and right side.

**Note: Do not do this exercise if you had any recent spine surgery.**



## Neck Side Flexion Exercise

1. Tilt your right ear towards your right shoulder while looking straight. Hold the position for 10 seconds.
2. Repeat step 1 on your left side.
3. Repeat the above steps, 5 times on both left and right side.

**Note: Do not do this exercise if you had any recent spine surgery.**



## Shoulder Shrugs Exercise

Shoulder shrugs exercise stretches your shoulders and upper back.

1. Bring shoulders up towards ears and roll them backwards.
2. Repeat slowly for 5 times.

**Note: Do not do this exercise if you had any recent shoulder surgery.**



## Sun Breath Twist Exercise

Sun breath twist exercise stretches lower back and core.

1. Sit upright facing the front and breathe normally.
2. Rotate your body to the right & hold for 10 seconds.
3. Repeat step 1 and rotate your body to the left & hold for 10 seconds.
4. Repeat the above steps, 5 times on both left and right side.

**Note: Do not do this exercise if you had any recent back surgery.**



## Sun Breath Stretching Exercise

Sun breath stretching exercise the shoulders and upper back.

1. Sit up straight with your feet flat on the floor.
2. Breathe in and lift your arms.
3. Lift your arms above your head. You will be able to feel your spine lengthening.
4. Breathe out and bend your elbows such that your hands are behind your head.

5. Breathe in as you straighten your elbows again.
6. Breathe out and place your hands back to the sides.
7. Repeat the above steps, 5 times on both left and right side.

**Note: Do not do this exercise if you had any recent shoulder surgery.**





## Pigeon Pose Stretching Exercise

Pigeon pose stretching exercise stretches the buttock muscles.

1. Sit up straight with your feet flat on the floor.
2. Bend your right leg and place your right heel over your left knee. Keep the left knee in line with your right ankle as much as possible. You should be able to feel a stretch over your right buttock. Hold the position for 10 seconds.
3. You may want to lean forward to increase the stretch if you like.
4. Repeat steps 1, 2 and 3 but with your left heel over your right knee.
5. Repeat the above steps, 5 times on both left and right side.

**Note: Do not do this exercise if you had any recent hip or knee surgery.**



# Cat-Cow Stretching Exercise

Cat-cow stretching exercise stretches the pelvic and lower back.

1. Sit midway on the chair.
2. Breathe in and arch your back while looking up. Hold the position for 10 seconds.
3. Breathe out and slouch body forward while looking down. Hold the position for 10 seconds.
4. Repeat the above steps for 3 times. It should be done slowly so that you will be able to feel the stretch.

**Note: Do not do this exercise if you had any recent back surgery.**



## Lumbar Extension Stretching Exercise

Lumbar extension stretching exercise stretches the upper back region.

1. Sit back and lean against the back of chair. Cross both hands behind your head.
2. Hold this position for 10 seconds.
3. Repeat the above steps for 5 times. It should be done slowly so that you will be able to feel the stretch.

**Note: Do not do this exercise if you had any recent neck/back surgery.**



Step 1

## Ankles Relaxation Exercise

1. Sit on the chair comfortably.
2. Extend your right leg forward while keeping your left leg firmly on the floor.
3. Rotate your right ankle clockwise 5 times.
4. Rotate your right ankle anti-clockwise 5 times.
5. Repeat steps 2, 3 and 4 for your left ankle.

**Note: Do not do this exercise if you had any recent ankle/foot surgery.**



## Stretches for Shin Muscles

1. Sit on the chair with both legs slightly apart and feet flat on the floor.
2. Slowly raise both heels up and hold the position for 1 to 2 seconds.
3. Lower your heels back to the floor.
4. Repeat the above steps for 10 times.



## Stretches for Calf Muscles

1. Sit on the chair with both legs slightly apart and feet flat on the floor.
2. Slowly lift your toes up while keeping your heels on the floor. Hold the position for 1 to 2 seconds.
3. Lower your toes back to the floor.
4. Repeat the above steps for 10 times.



# Hand Stretching Exercise

1. Make a fist on your right hand and hold it as tight as possible. Hold the position for 5 seconds.
2. Open your right palm and spread your fingers as far as possible. Hold the position for 5 seconds.
3. Repeat step 1 and 2 on your left hand.
4. Repeat the above steps for 10 times.

