



Can sit & stand with assistance

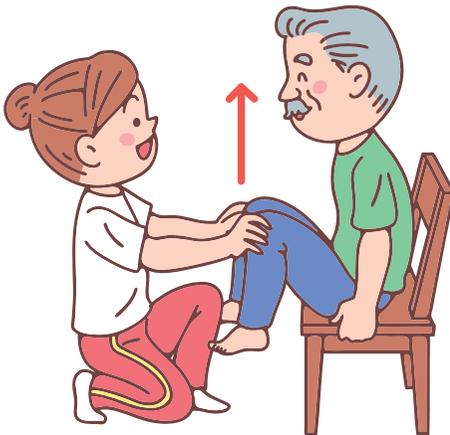
For people who would like to ease the condition of constipation



In order to take the straining position when you excrete, you have to put force to your abdomen to stabilize your waist. Unconsciously, this training will build up your abdomen and will help to ease constipation.

1 Knee lifting exercise (10 sets)

To enhance bowel movement

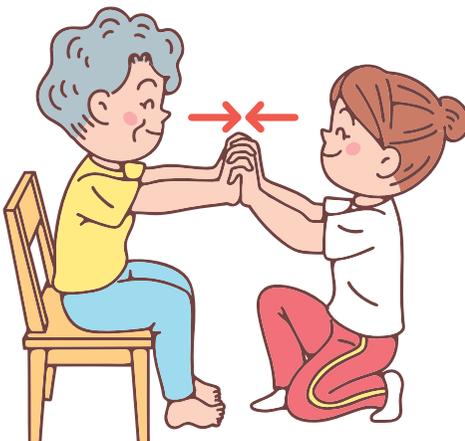


Sit on the chair and round your back. Bend your knees and lift up legs slowly, then stay still for a while.

*Stay still for 5 seconds, if its difficult for you, try lifting the leg separately or shortened time lengthen of 2-3 seconds is OK

2 Ab exercise with opposing force (5 seconds/set, 5 sets)

To strengthen abdominal muscle



Sit on the chair. Stretch out both arms and push towards each other for 5 seconds.

*Do not bend your elbows.

*Do not fall forward.

*If you do this exercise while sitting on the wheel chair, be aware not to lean on back of the chair.