

Relaxation & Recovery Exercises

KEEPING BLOOD PRESSURE DOWN

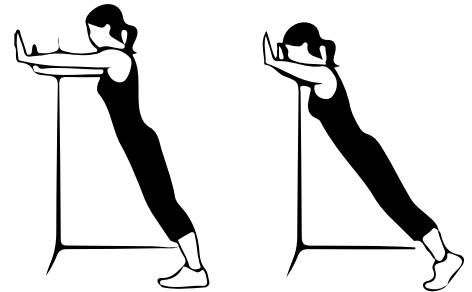


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Stress has a major effect on our body's metabolic activity. It stimulates the release of stress hormones which can lead to an elevated blood pressure and glucose levels. Relaxation is the key to reduce stress and appropriate exercises produces endorphins which has been shown to be more effective in reducing stress than resting alone. Deep breathing and active stretching exercises can have an acute effect in reducing stress and high blood pressure. Practise these exercises daily and you will feel more energised and healthy.

Corner wall push up

- Find a corner, stand 1 to 2 steps away from the wall, lean forward and place hand on each side of the wall at chest level with arms parallel to the floor.
- Stand with pressure on your forefoot and heel slightly lifted off the floor.
- Keep tummy tight, ear, shoulder, hip and ankle in a straight line. Inhale, bend and move your elbow to your back while your upper body moving towards the wall.
- Maintain arms parallel to the floor and head being pulled back at neutral position during the movement.
- Exhale, press the wall and extend your elbow till elbow fully extended to complete the movement.
- Perform in a slow and controlled form, each complete movement should take about 5 seconds.
- Repeat 10 to 20 times.



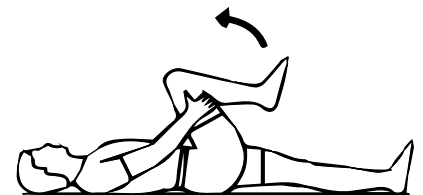
Side lying trunk rotation

- Lie on your side with legs bend and together, hip and shoulder flexed at 90 degrees with both hand together, elbows extended and parallel to your thigh.
- Keep your tummy tight and both knee together, inhale and rotate your trunk and turn your shoulder backward till upper back is flat on the floor. Maintain both knee together during the movement, if needed stop at the point where both knee starts to separate from each other.
- Hold for a second or two, exhale and return to start position.
- Repeat 2 sets of 10 repetitions on each side.



Lying leg extension

- Lie face up, tuck in the tummy and tilt your pelvic for a neutral spine position. Bend one leg and bring it towards your chest.
- Maintaining neutral spine, Inhale, extend your knee maintaining the position of your thigh with support of your hands.
- Exhale and return leg to start position.
- Repeat 2 sets of 10 repetitions on each leg.



Prone with alternate leg curl

- Lie face down with both legs straight and together.
- Tighten your tummy, inhale and curl your leg while dorsiflexing your feet. Exhale and return to start position.
- Repeat 2 sets of 20 repetitions on each leg.

