

Safety First

- If any exercise feels unsafe or painful, stop.
- Warm up for 3–5 minutes (march in place, gentle leg swings, arm circles).
- Have a stable chair/countertop nearby for balance—even if you rarely use one.
- Film on a non-slip surface with no tripping hazards.

What You'll Need

Item	Why
Smartphone	Video capture
Tripod or stack of books	To set up phone for exercises
Study chair without wheels	Chair push-ups
Exercise mat or carpet	Dead bug exercise comfort
Comfortable clothing that reveals limb alignment (shorts, close-fit top)	Clear posture detection

Filming Basics

1. Lighting - Bright, even light from front or side avoid strong back-light).
2. Frame - Capture your whole body and prosthesis with a little space around.
3. Orientation - Landscape (horizontal) videos, please.
4. Angles - Follow the specific angle listed for each exercise.
5. Takes - Record one correct and one incorrect clip per exercise (guidance on how to "do it wrong" safely is coming up).

Exercise: Chair Push-Ups

Goal: Strengthen arms & core; reinforce upright sitting posture

Camera Angle: Face the camera front-on at chair height

Prosthetic limb type(s): No prosthetic

Steps:

1. Place hands on the armrests of the chair.
2. Press down and lift your body by straightening your arms.

3. Avoid pushing through your feet, it should be resting on the floor for balance.
4. Hold for a count of 5 seconds.
5. Slowly, lower yourself into the chair.

Common mistakes:

- Pushing through your feet to stand up instead of relying on arm strength, which causes the torso to lean and shoulders to roll forward

Exercise: Dead Bug

Goal: Strengthen deep core & protect spine

Camera Angle: Lie on back side-on to camera (prosthetic side closest)

Prosthetic limb type(s): No prosthetic

Steps:

1. Lie flat, knees up 90°, arms reaching to ceiling.
2. Press low back into the mat (engage abs).
3. Extend right leg + left arm until just above floor.
4. Return to start; repeat opposite side = 1 rep.
5. Complete 3 reps, keeping low back glued down.

Common mistakes:

- Allowing your lower back to arch off the mat throughout the movement, which disengages the core.

Exercise: Hip Abduction (Lying on side)

Goal: Strengthen gluteus medius for better lateral stability

Prosthetic type:

Camera Angle: Side view – place the camera perpendicular to your body so your hips and top leg are clearly visible in profile. (If you must film head-on, ensure the leg's upward motion stays within frame.)

Prosthetic limb type(s): No prosthetic

Steps:

1. Lie on your left side on a mat.

2. Bend the bottom leg for support; keep the top leg straight in line with your torso.
3. Brace your core so the hips stay stacked—no rolling forward or back.
4. Slowly lift the top leg about 30–45 cm (12–18 in).
5. Pause 1 s, feeling the outer-hip muscles engage.
6. Lower slowly to the start position.
7. Perform 8–10 reps, then switch sides.

Common mistakes:

- Allowing your hips to roll slightly forward during the lift. This tilts the pelvis and recruits the wrong muscle groups, undermining the exercise's purpose.
- Not keeping the upper leg in line with the hip
- Not keeping the upper leg straight