

EARLY MOBILITY PROGRAM EXERCISES

Bedrest Exercises



ARM RAISES

While lying on your back, slowly raise your arm up towards overhead and then lower back down.

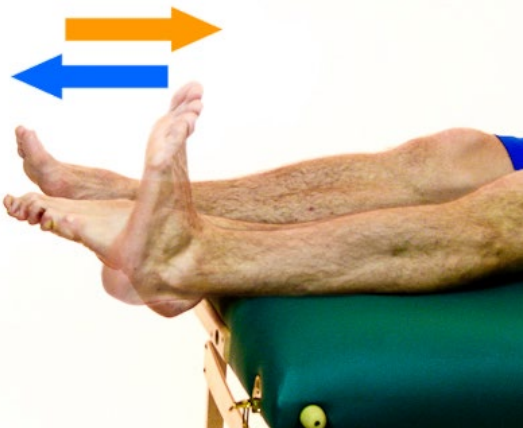
Repeat 5 Times
Hold 1 Second
Complete 1 Set
Perform 3 Times a Day



ELBOW BENDS

While lying on your back, bend your elbow and then straighten it back out.

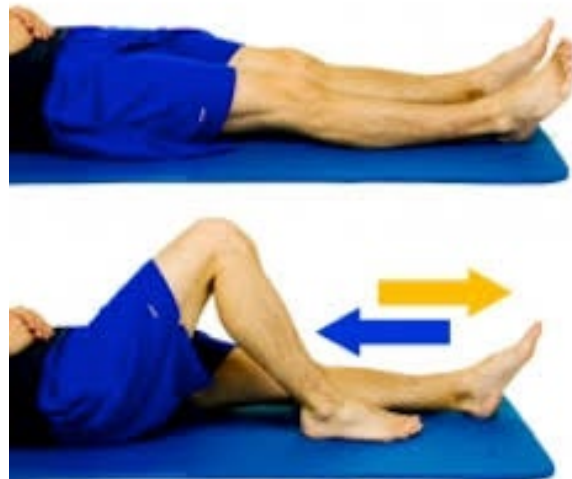
Repeat 5 Times
Hold 1 Second
Complete 1 Set
Perform 3 Times a Day



ANKLE PUMPS

While lying on your back, bend your foot up and down at your ankle joint.

Repeat 5 Times
Hold 1 Second
Complete 1 Set
Perform 3 Times a Day



HEEL SLIDES

While lying on your back, bend your knee bringing your foot toward your buttock and then straighten it back out.

Repeat 5 Times
Hold 1 Second
Complete 1 Set
Perform 3 Times a Day

Chair Exercises



SEATED ARM RAISES

While sitting in a chair, slowly raise your arm up towards overhead and then lower back down.

Repeat 5 Times
Hold 1 Second
Complete 1 Set
Perform 3 Times a Day



SEATED HEEL TOE RAISES

While sitting in a chair, lift your heels in the air so you come up on your toes and then lower your heels and raise your toes toward the ceiling.

Repeat 5 Times
Hold 1 Second
Complete 1 Set
Perform 3 Times a Day



SEATED MARCHING

While sitting in a chair, lift your foot off the ground as you bend your hip and lift your leg up and then lower back down.

Repeat 5 Times
Hold 1 Second
Complete 1 Set
Perform 3 Times a Day



SEATED ELBOW BENDS

While sitting in a chair, bend your elbow and then straighten it back out.

Repeat 5 Times
Hold 1 Second
Complete 1 Set
Perform 3 Times a Day