

## 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 ☐ ☐ ☐

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## 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 ☐ ☐ ☐

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## Discrimination is Against the Law

Hays Medical Center complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Hays Medical Center does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

Hays Medical Center provides free aids and services to people with disabilities to communicate effectively with us, such as:

- Qualified sign language interpreters
- Written information in other formats (large print, audio, accessible electronic formats, other formats)

Hays Medical Center provides free language services to people whose primary language is not English, such as:

- Qualified interpreters
- Information written in other languages

If you need these services, contact the Director of Clinical Care Coordination at 785.623.5297, or the Operator at 785.623.5000.

If you believe that Hays Medical Center has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with:

Chief Legal Officer  
Hays Medical Center  
2220 Canterbury Drive  
Hays, Kansas 67601  
Telephone Number: 785.650.2759  
TTY/TDD or State Relay Number: 800.766.3777 (V/T); or Dial 711  
Fax: 785.623.5524  
Email: joannah.applequist@haysmed.com

You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, Joannah Applequist, Chief Legal Officer, is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at:

U.S. Department of Health and Human Services  
200 Independence Avenue, SW  
Room 509F, HHH Building  
Washington, D.C. 20201  
1-800-368-1019, 800-537-7697 (TDD)

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

ATTENTION: If you speak a language other than English, language assistance services are available to you free of charge. Call 1-855-429-7633 (TTY: 1-800-766-3777).

### SPANISH

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-429-7633 (TTY: 1-800-766-3777).

### VIETNAMESE

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-855-429-7633 (TTY: 1-800-766-3777).

### CHINESE

注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電1-855-429-7633 (TTY: 1-800-766-3777)。

### GERMAN

ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-855-429-7633 (TTY: 1-800-766-3777).

### KOREAN

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-855-429-7633 (TTY: 1-800-766-3777) 번으로 전화해 주십시오.

### LAOTIAN

ໂປດຊາບ: ຖ້າວ່າທ່ານເວົ້າພາສາລາວ, ການບໍລິການຊ່ວຍເຫຼືອດ້ານພາສາ, ໂດຍບໍ່ເສຍຄ່າ,

ແມ່ນມີພ້ອມໃຫ້ທ່ານ. ໂທ 1-855-429-7633 (TTY: 1-800-766-3777).

### ARABIC

بالمجان لك تتوافر اللغوية المساعدة خدمات فإن، اللغة اذكر تحدثت كنت إذا: ملحوظة 1-855-429-7633 (TTY: 1-800-766-3777).

### TAGALOG

PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 1-855-429-7633 (TTY: 1-800-766-3777)

### BURMESE

သတိပြုရန် - အကယ်၍ သင်သည် မြန်မာစကားကို ပြောပါက၊ ဘာသာစကား အကူအညီ အခမဲ့ သင့်အတွက်

စီစဉ်ဆောင်ရွက်ပေးပါမည်။

ဖုန်းနံပါတ် 1-855-429-7633 (TTY: 1-800-766-3777) သို့ ခေါ်ဆိုပါ။

### FRENCH

ATTENTION : Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-855-429-7633 (TTY: 1-800-766-3777).

### JAPANESE

注意事項: 日本語を話される場合、無料の言語支援をご利用いただけます1-855-429-7633 (TTY: 1-800-766-3777)まで、お電話にてご連絡ください。

### RUSSIAN

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-855-429-7633 (телетайп: 1-800-766-3777).

### HMONG

LUS CEEV: Yog tias koj hais lus Hmoob, cov kev pab txog lus, muaj kev pab dawb rau koj. Hu rau 1-855-429-7633 (TTY: 1-800-766-3777).

### PERSIAN (FARSI)

توجه: اگر به زبان فارسی گفتگو می کنید، تسهیلات زبانی بصورت رایگان برای شما فراهم می باشد. ( 1-855-429-7633 (TTY: 1-800-766-3777 تماس بگیرید.

### SWAHILI

KUMBUKA: Ikiwa unazungumza Kiswahili, unaweza kupata huduma za lugha, bila malipo. Piga simu 1-855-429-7633 (TTY: 1-800-766-3777).

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