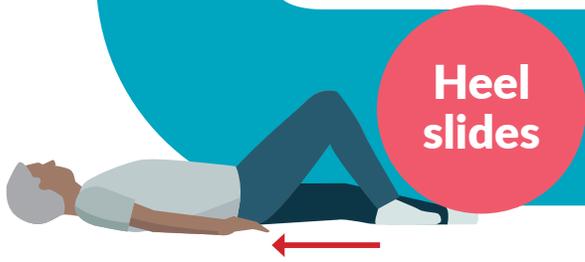


Movement is Good Medicine!

Bed rest can lead to negative outcomes



Heel slides

Lie on your back. Bend one knee and slide your foot back towards your buttocks.



Sitting in a chair, lift your right leg and then your left leg.

Chair march



Sit up or stand up

Hold armrest of your chair. Slowly stand feeling the weight through your feet.



Lie on your back. Keeping your knee straight, slide one heel to the side as far as is comfortable.

Hip slides



Shoulder shrug

Keep your arms on your sides. Raise your shoulders up towards your ears, then lower back down.

Move your body at least **3** times a day!

Ask your care team for assistance.