

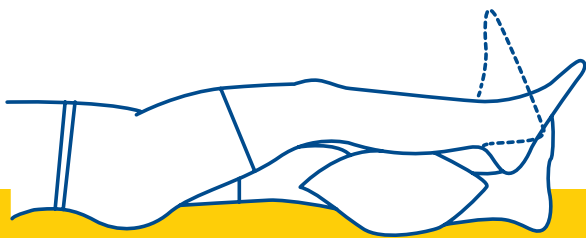
MOBILITY MATTERS

BED EXERCISES

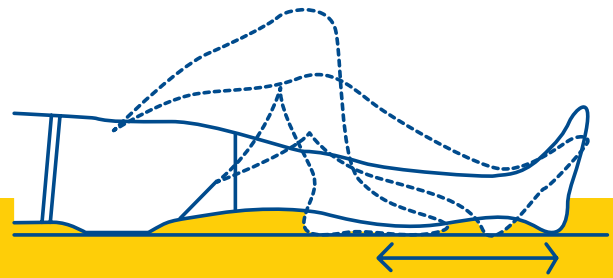
FOR ALL JH-HLM LEVELS



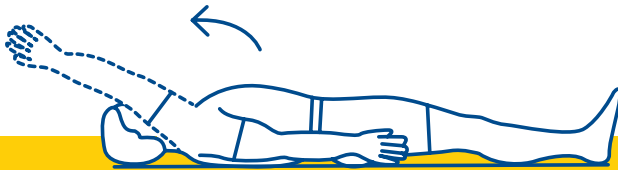
These exercises can be performed by all patients while resting in bed. Encourage your patients to complete these exercises three times per day.



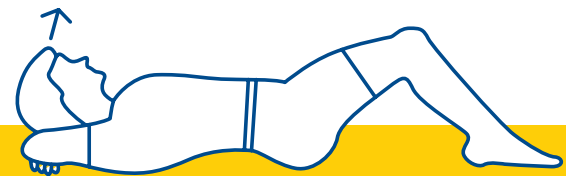
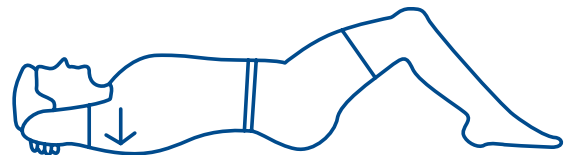
Ankle Pumps



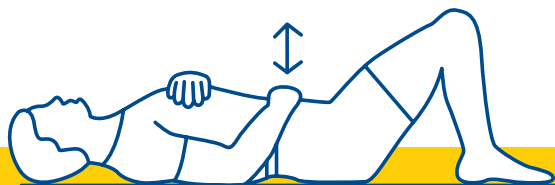
Heel Slide



Shoulder Lifts



Chest Stretch



Breathing Exercises

hopkinsAMP.org



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