

MOBILITY MATTERS

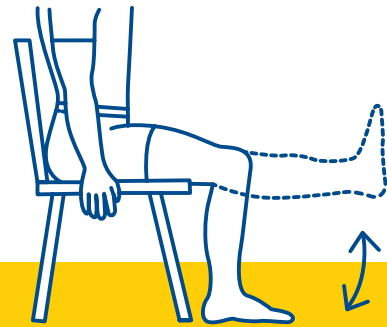
CHAIR EXERCISES



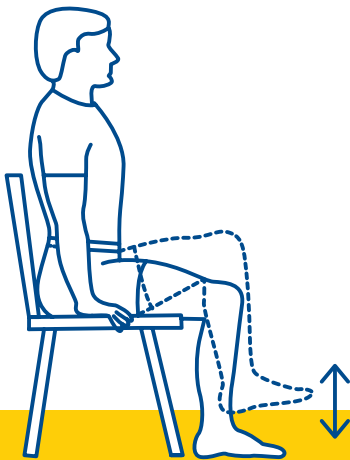
Staying active and upright is essential to your recovery. If you are able to sit up in bed or in a chair, try these exercises three times each day. If you have questions or concerns, please reach out to your therapist, nurse, or doctor.



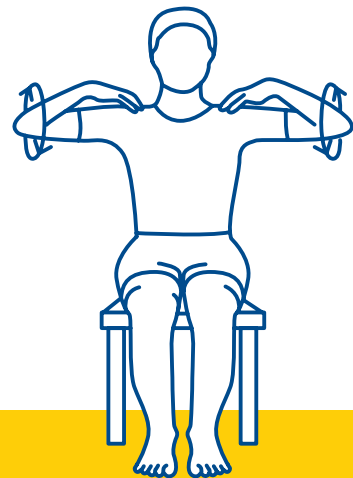
Ankle Pumps



Knee Extension



Seated Marching



Shoulder Circles

hopkinsAMP.org



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