

MOBILITY MATTERS

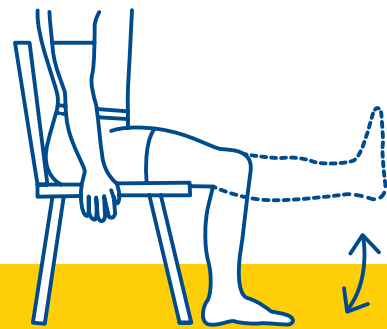
CHAIR EXERCISES FOR JH-HLM LEVELS 4 AND ABOVE



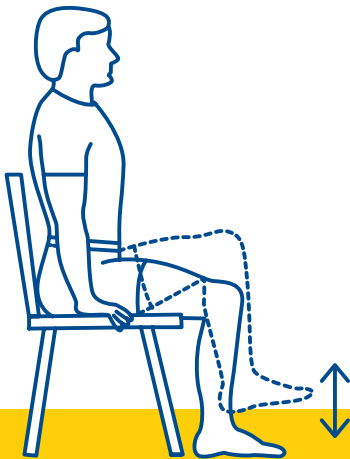
If your patient is able to get out of bed and sit in a chair, or if they are able to sit up in bed, encourage them to practice these exercises three times per day.



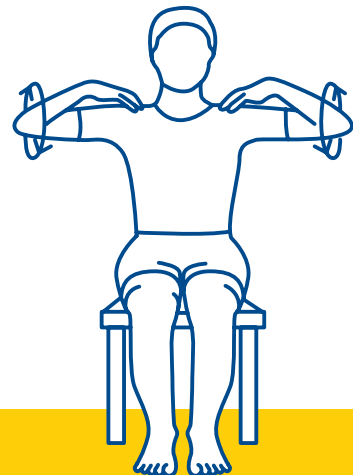
Ankle Pumps



Knee Extension



Seated Marching



Shoulder Circles

hopkinsAMP.org



This document, created by Johns Hopkins Activity and Mobility Promotion, is licensed under a Creative Commons Attribution-NonCommercial-NoDerivs 4.0 International License. To view a summary of license, please access <https://creativecommons.org/licenses/by-nc-nd/4.0/>