

MOBILITY MATTERS

BED EXERCISES

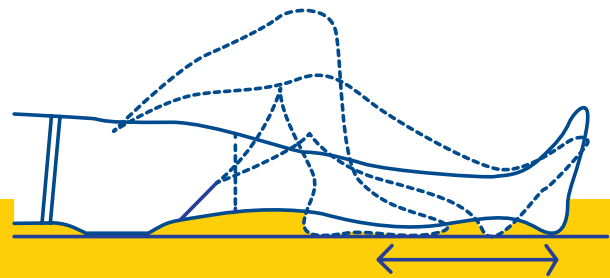
EVERYONE CAN DO



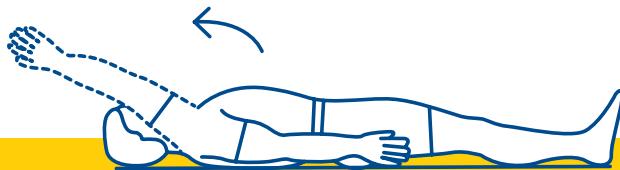
These exercises can be performed by all patients while resting in bed. Try completing each exercise three times each day. If you have questions or concerns, please reach out to your therapist, nurse, or doctor.



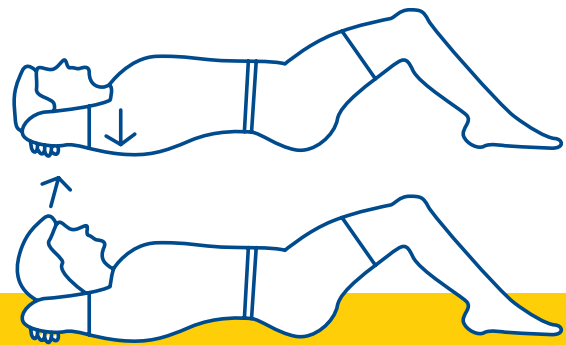
Ankle Pumps



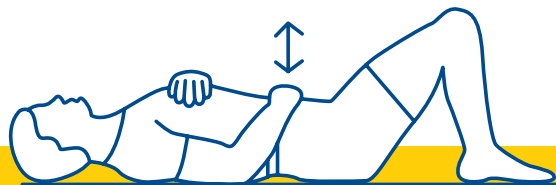
Heel Slide



Shoulder Lifts



Chest Stretch



Breathing Exercises

bit.ly/everybodymoves



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