

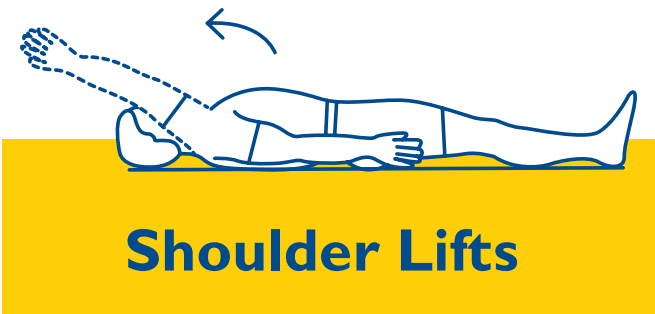
MOBILITY MATTERS

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.



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/>