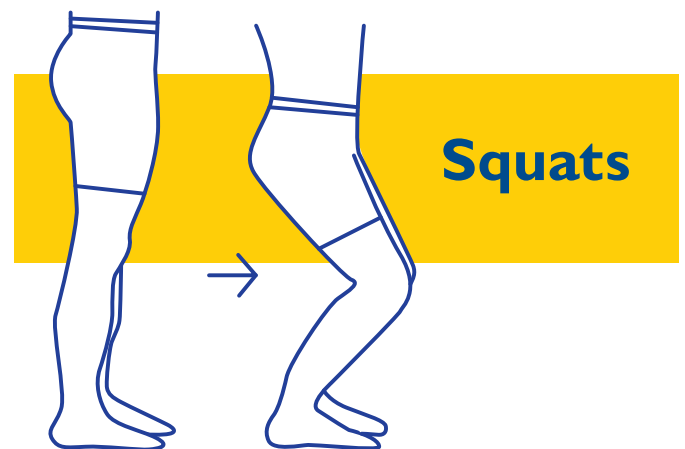


# MOBILITY MATTERS

## STANDING EXERCISES



Staying active and upright is essential to your recovery. **If you are able to get out of bed, stand, or walk without assistance, try these exercises three times each day.** If you have questions or concerns, please reach out to your therapist, nurse, or doctor.



[bit.ly/everybodymoves](https://bit.ly/everybodymoves)



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