

MOBILITY MATTERS RECOVERING FROM COVID-19



CHAIR EXERCISES FOR JH-HLM LEVELS 4 AND ABOVE

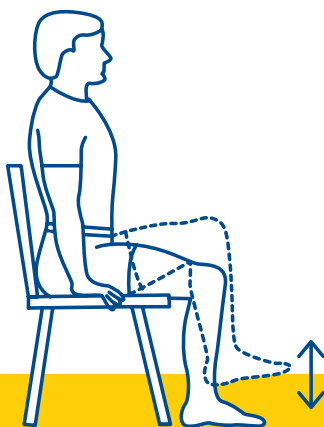
If your patient is able to get out of bed and sit in a chair, or if they are able to sit up in bed, encourage them to practice these exercises three times per day.



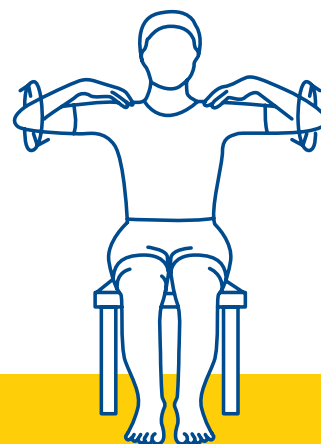
Ankle Pumps



Knee Extension



Seated Marching



Shoulder Circles

