MOBILITY MATTERS
RECOVERING FROM COVID-19

CHAIR EXERCISES

Staying active and upright is essential to your recovery. If you are able to sit up in bed or in a chair, try these exercises three times each day. If you have questions or concerns, please reach out to your therapist, nurse, or doctor.

- **Ankle Pumps**
- **Knee Extension**
- **Seated Marching**
- **Shoulder Circles**