

MOBILITY MATTERS RECOVERING FROM COVID-19



CHAIR EXERCISES

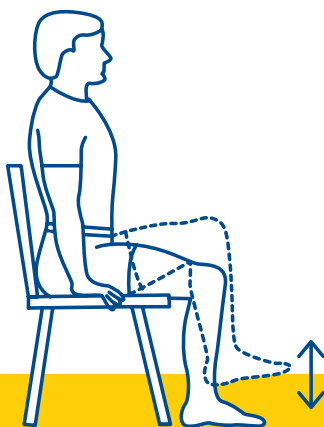
Staying active and upright is essential to your recovery. If you are able to sit up in bed or in a chair, try these exercises three times each day. If you have questions or concerns, please reach out to your therapist, nurse, or doctor.



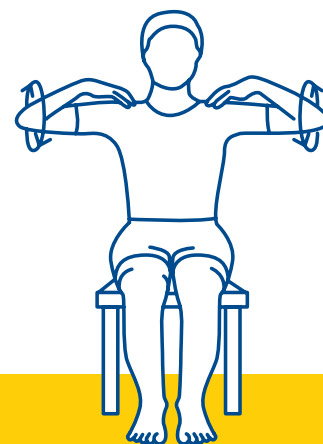
Ankle Pumps



Knee Extension



Seated Marching



Shoulder Circles



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