

ACTIVE RANGE OF MOTION

ELBOW FLEXION (BENDING) & EXTENSION

1. Lie on your back in bed or sit in chair.
2. Bend your knees and place your feet flat on the bed or the floor.
3. With your palms facing down, reach out your arms to touch the top of your knees.
4. Turn your palms face up and touch your shoulders.
5. Straighten your elbows and return your hands (palms facing down) and arms to your sides. Relax.
6. Repeat 5 times.



Touching your shoulders / Reaching your arms out

HEEL SLIDES

1. Lie on your back with your head and shoulders supported on pillows. Wear socks to protect your heels during this exercise.
2. Gently slide your heel toward your buttocks as far as is comfortable for you.
3. Gently slide your heel away from your buttocks until your knee is resting on the bed.
4. Repeat 5 times.
5. Repeat with your other leg.



SITTING KICKS

1. Sit in a chair, Keep your feet flat on the floor.
2. Kick 1 foot up from the floor until your leg is straight out in front of you.
3. Hold the position and count out loud to 5.
4. Lower your foot to the floor.
5. Repeat 5 times.
6. Repeat with your other leg.



MARCHING IN PLACE

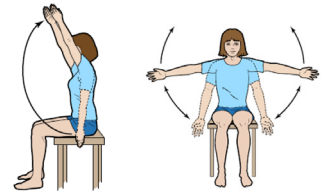
1. Sit in a chair with armrests and place your feet flat on the floor.
2. Slowly raise 1 knee without tilting or leaning backward.
3. You can prevent your upper body from tilting backward by holding the armrests.
4. Lower your leg and return your foot to the floor.
5. Repeat 5 times.
6. Repeat with your other leg.



SHOULDER RAISES

While doing this exercise, if one arm is weaker than the other, clasp your hands together and raise both of them over your head.

1. Start with your arms at your side.
2. With your palms facing each other, bring your arms.
3. Repeat 5 times.



CROSS BODY REACH

1. Lie back with your head and shoulders supported on pillows or sitting up in a chair.
2. Bend your right elbow, then turn your head and reach across your body to the left as far as you comfortably can.
3. Return your right arm to your right side.
4. Repeat with your left arm.
5. Hold for 30 seconds, if you can.



ANKLE CIRCLES AND PUMPS

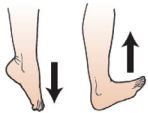
ANKLE CIRCLES

1. Lie on your back with your head and shoulders supported on pillows or while sitting in a chair.
2. Rotate your right ankle clockwise (to the right) 5 times.
3. Rotate your ankle counter-clockwise (to the left) 5 times.
4. Repeat with your left ankle.



ANKLE PUMPS

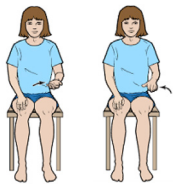
1. Lie on your back or sitting in chair.
2. Point your toes up toward your nose. You can do this with one foot or two feet at the same time.
3. Then, point them toward the floor.
4. Repeat 5 times.



Pointing your toes up
Pointing your toes down

FOREARM ROTATIONS

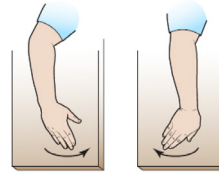
1. Rest your forearms on your lap with your palms facing down.
2. Lift 1 arm and turn your palm up toward the ceiling.
3. Return to the starting position with your palm facing down.



Lift arm & turn palm up
Rotate to starting position

FINGER BENDS

1. Place your forearms on a flat surface such as a table or your lap.
2. Make a tight fist, and then open your hand and extend your fingers out until they're straight.
3. If one arm is weaker than the other, use your stronger hand to bend and straighten the fingers of the weaker hand.



NOTES:
