

Movement Matters - Arm Exercises

Check with your therapy team to see what exercises they recommend for you.

10 repetitions on each arm, or as tolerated.

Finger Flexion/Extension (increases blood circulation)



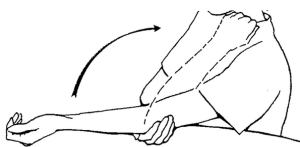
- Start position: lie on your back
- Make a fist with both hands, wrapping the thumb around the clenched fingers
- Slowly open hand by extending fingers
- Slowly close fingers into palm

Wrist Flexion/Extension (maintains wrist range of movement)



- Start position: lie on your back with elbows bent at your sides with palms facing away from you
- Bend wrist toward your body so that your palms face up
- Bend your wrist the opposite direction to where your palms face downward

Elbow Flexion/Extension (maintains elbow range of movement)



- Start position: lie on your back with your arms resting at your side with palms facing up
- Bend both of your elbows, bringing your hands towards your shoulders
- Slowly lower your forearms back to the start position

Shoulder Flexion (maintains shoulder range of movement)



- Start position: lie on your back with arms resting at your side
- Slowly raise your arms above your head
- Slowly lower arms back to starting position
- TIP: If one arm is weaker, clasp both hands and use the strong arm to assist the weak arm

Movement Matters - Leg Exercises

Check with your therapy team to see what exercises they recommend for you.

10 repetitions on each leg, or as tolerated.



Ankle Pumps (increases blood circulation)

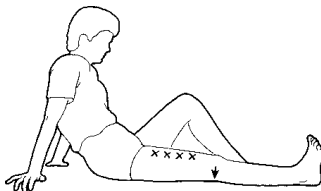
- Start position: lie on your back
- Pull your toes towards your body
- Point your toes away from your body

Knee Bends (strengthens hamstring muscles; increases knee range of motion)



- Start position: lie on your back
- Slide your heel up the bed, bringing your knee towards your chest.
- Slowly lower your leg back to start position

Static Quads (strengthens quadriceps muscles in thigh)



- Start position: lie on your back
- Push the back of your knee into the bed, tightening your thigh muscle for 5 seconds
- Relax, bend knee up slightly and repeat

Quads Over Roll (strengthens quadriceps muscles in thigh)



- Start position: lie on your back and place roll* under your bent knee with heel touching the bed
- Straighten your knee, lifting your heel off the bed. Hold this position for 5 seconds
- Slowly lower your heel back to start position
- *NOTE: use blanket, towel, or pillow to place under your knee to perform exercise