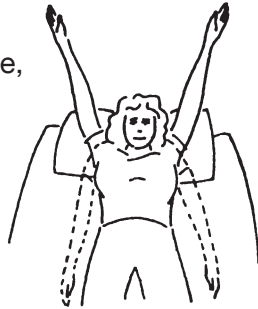


Arm Exercises

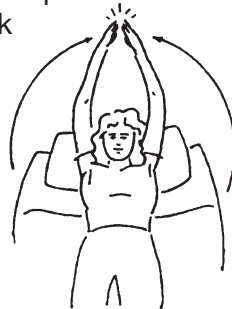
1. With arms straight on the bed, make a fist, bend elbows and touch shoulders. Open hands, turn palms down and reach for bed.



2. With arms straight, reach up towards ceiling as far as possible, return arms alongside body.



3. Move arms out to sides and clap above head, bring arms back to your sides.



4. Cross arms over chest, then open wide.



Bed Exercises

Department of Rehabilitative Services
(415) 353-1756

Therapist: _____

These exercises have been developed by your therapist. All appropriate exercises will be circled.

It is important for you to remember to breathe normally while exercising; do not hold your breath. Perform all exercises slowly and smoothly.

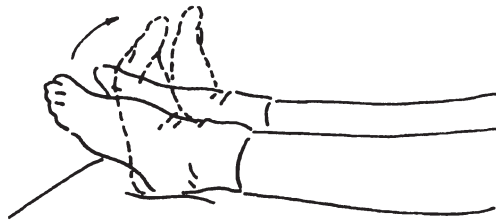
No pain, no gain, is a falsehood. Pain is a good indicator that you may have overdone your activities and rest is in order. Incisional pain (if appropriate in your case) and muscle discomfort are normal. Sharp pain or pain which persists after exercise is of concern. Stop exercising and discuss this with your therapist.

These exercises are performed lying on your back.
Do these exercises _____ repetitions, _____ times a day.

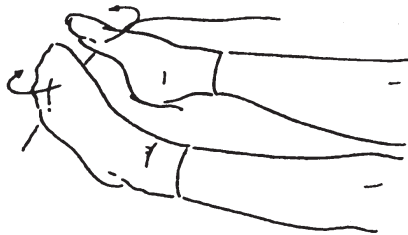
Leg Exercises

Complete all repetitions with one leg, then repeat with the opposite leg.

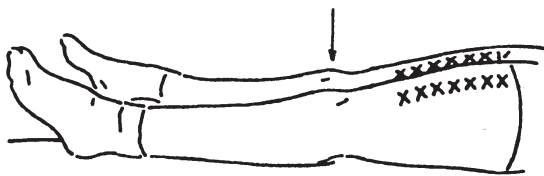
1. Pumps: Point your toes and ankles up and down.



2. Circles: Make a full circle clockwise with your ankles. Repeat counterclockwise.



3. Push the back of your knee into the bed. Make the muscle on the front of your thigh tight. Hold and count to 10 aloud; relax.



4. Bend your knee slightly. Push your heel into the bed. Feel the muscle on the back of your thigh tighten. Hold and count to 10 aloud; relax.



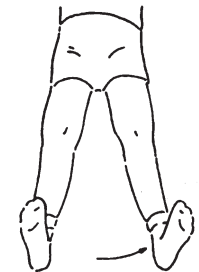
5. Squeeze your buttocks together. Hold and count to 10 aloud; relax.



6. Keep your heel on the bed. Slide your foot toward your buttocks as far as you can. Straighten your leg out completely.



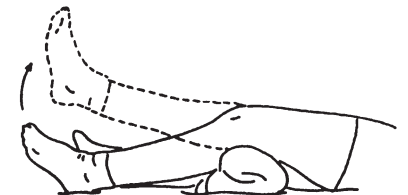
7. Keep your knee straight with your heel on the bed. Bring leg out to the side as far as comfortable. Bring leg back to center.



8. With knee straight, roll leg in and out as far as comfortable.



9. Place pillow under knee. Straighten knee completely, lifting heel off bed. Hold and count to 10 aloud; relax.



10. Bridges: Bend hips and knees so feet are flat on bed. Lift buttocks up off bed. Hold and count to 10 aloud; relax.

