

Movement is Good Medicine!

Bed rest can lead to negative outcomes

Heel slides Lie on your back. Bend one knee and slide your foot back towards your buttocks.

Chair march Sitting in a chair, lift your right leg and then your left leg.

Sit up or stand up Hold armrest of your chair. Slowly stand feeling the weight through your feet.

Hip slides Lie on your back. Keeping your knee straight, slide one heel to the side as far as is comfortable.

Shoulder shrug Keep your arms on your sides. Raise your shoulders up towards your ears, then lower back down.

Move your body at least **3** times a day!

Ask your care team for assistance.