If you are able, do these exercises 3 times per day while sitting in chair or on the side of your bed:

**Leg raises**

- Straighten your leg and tighten (flex) the muscle on the front of your thigh.
- Keep the back of your leg on the chair.
- Hold for 5 seconds.
- Slowly lower your foot to the floor.
- Repeat 10 times with each leg.

**Knee raises**

- Lift, then lower your knee.
- Repeat 10 times with each leg.

**Arm raises**

- Reach your arms up in the air as far as possible.
- Try to keep your shoulders down.
- Lower your arms.
- Repeat 10 times.