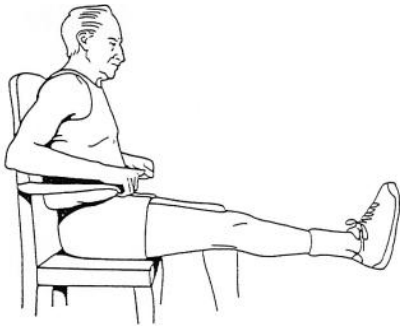


Seated Exercises

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

Leg raises



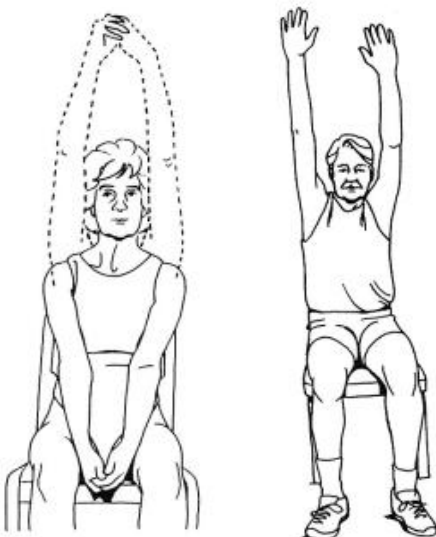
- Straighten your leg and tighten (flex) the muscle on the front of your thigh.
- Keep the back of your leg on the chair.
- Hold for 5 seconds.
- Slowly lower your foot to the floor.
- Repeat 10 times with each leg, if able.

Knee raises



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

Arm raises



- This exercise can be done in addition to taking part in your personal care.
- Reach your arms up in the air as far as possible.
- Try to keep your shoulders down.
- Lower your arms.
- Repeat 10 times, if able.