

My Daily Exercises

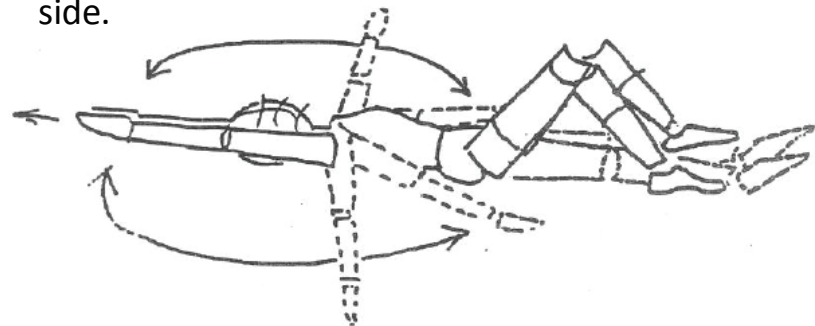
Do the movements your care provider has noted for you. Keep breathing throughout & always move to comfort and not into pain.
If something hurts or causes discomfort, stop immediately.
Do not perform on injured and/or surgical sites unless directed by a healthcare professional.

1 Supine Shoulder Flexion – Clasp hands together & carry above head, so that you feel a stretch. Keep elbows as straight as possible.



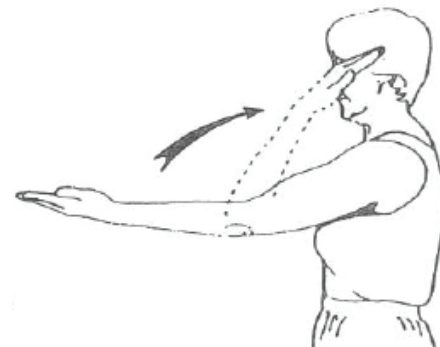
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2 Angels in the Snow – Keep arm on surface and move arm out to the side, bringing it as far out you can. Hold momentarily, and return to side.



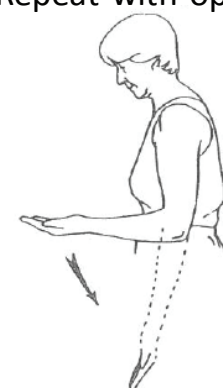
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3 Elbow Flexion – Reach one arm out in front & slowly raise forearm to shoulder. Relax arm. Repeat with opposite arm.



Directions: _____
Completed: ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

4 Elbow Extension – One arm at side bent 90 degrees, palm facing down. Slowly move forearm downward. Repeat with opposite side.



Directions: _____
Completed: ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

5 Finger Opposition– Touch thumb to each fingertip. Start with index finger and proceed toward little finger. Move slowly at first, then more rapidly as motion & coordination improve.



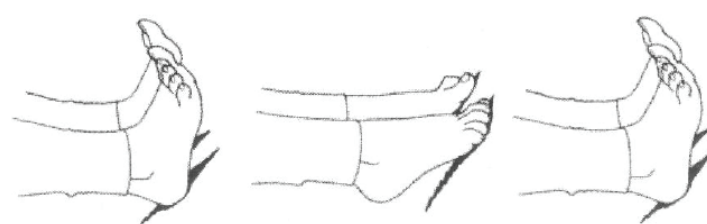
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6 Wrist Flexion/Extension – Actively bend wrist forward then backward as far as possible.



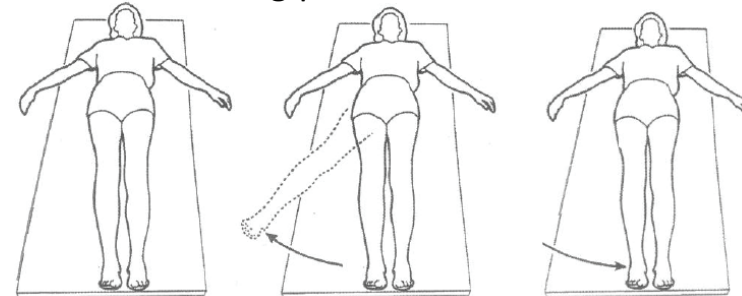
Directions: _____
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7 Ankle Pumps – Move Foot up and down



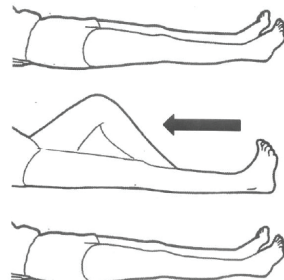
Directions: _____
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8 Hip Abduction – Keep legs straight, & toes pointed toward the ceiling. Move leg out to side. Return to starting position



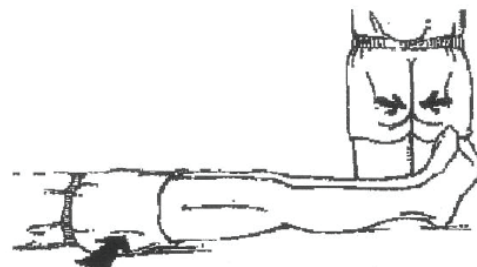
Directions: _____
Completed: ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

9 Heel Slides – Start with leg straight. Try to bend the knee as much as possible. Return to starting position.



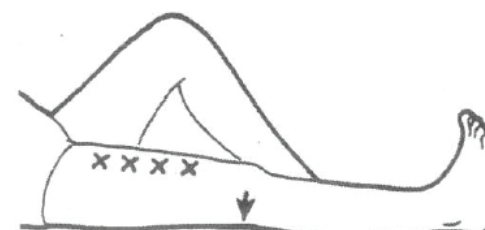
Directions: _____
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10 Gluteal Sets – Tighten buttocks by squeezing them together. Hold contraction for 5 seconds.



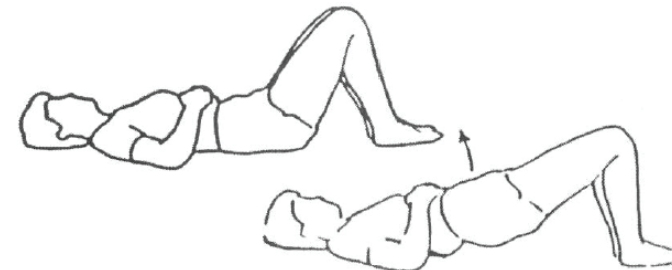
Directions: _____
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11 Quad Sets – Straighten knee. Tighten muscles above the knee. Hold contraction for 5 seconds.



Directions: _____
Completed: ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

12 Bridging – Lie on back with knees bent. Squeeze & lift buttocks, while continuing breathing in & out. Lower slowly & repeat.



Directions: _____
Completed: ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

CALL, DON'T FALL!

YOUR SAFETY IS IMPORTANT TO US!

PLEASE DO NOT GET UP WITHOUT ASSISTANCE!

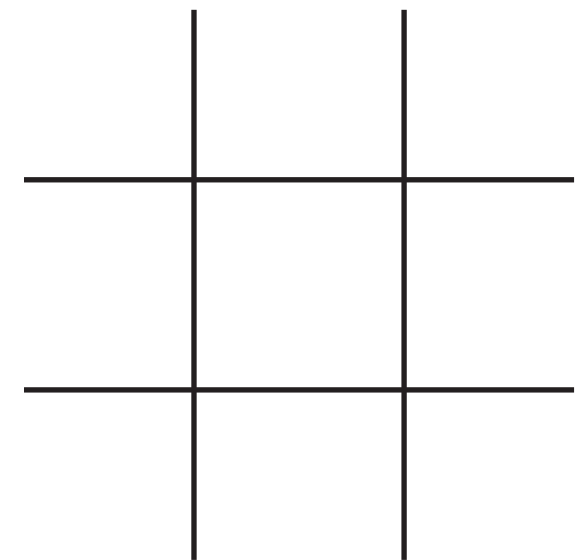
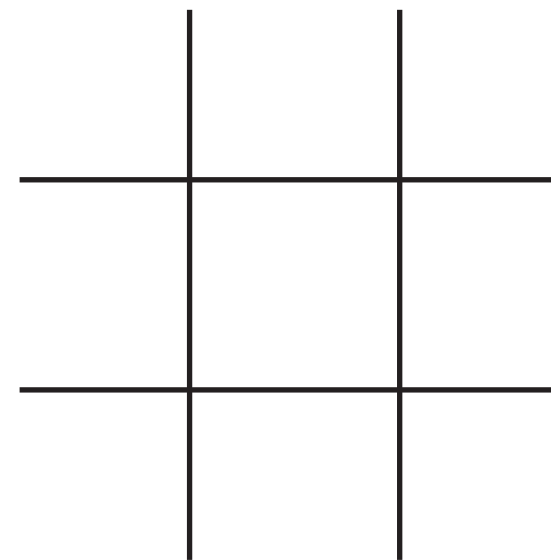
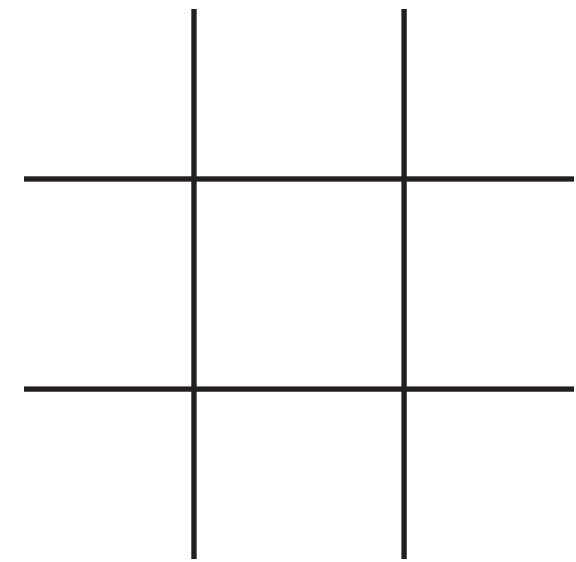
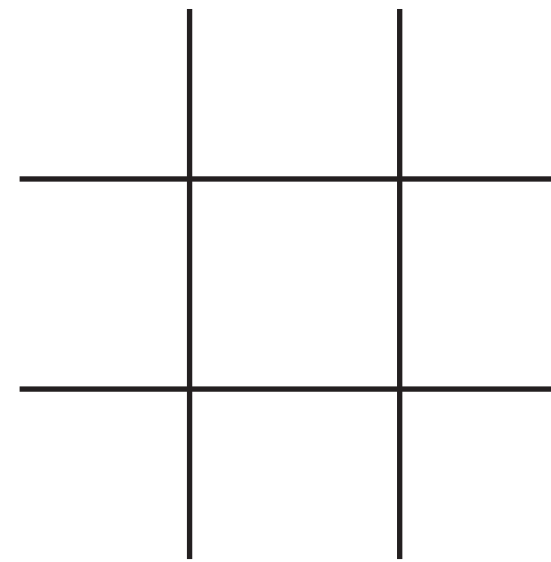
We are not too busy to help!

WHY

- Falls can lead to **serious disability and injuries**, such as broken bones, brain injury and/or loss of independence
- Medical conditions and some medications may cause dizziness, imbalance, fainting and internal bleeding
- Confusion after a surgery, a procedure or a diagnostic test is common
- Unfamiliar environment may cause you to feel disoriented

VISITORS

To ensure the safety of our patients, please notify the nurse when you leave the room



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2	1			4			7
	8	5		3	2		9
		4					
						7	8
7		2	9				1
				1			5
4				2	3		

		2	4				9
		5		1			
6	3	4				8	1
4	7		3	5			8
			2		7	3	4
			9	6	4		
9	6			7			1
3				9		5	6
5							7

I F A N G N I Y A L P J U N E
N I G O H T C E O U L D T A L
K I R I T W N N O I T A C A V
O U E T L U D M O U N T A I N
P R M A J G N I N E D R A G O
R N M R B A B F A M I L Y F F
E O U B S W I M M I N G A L R
C I S E G Y O T W B A T O E I
R T A L S N R U T A H E N I E
E A T E I E I N T E L I S P N
A U V C S E N K R D H K I T D
T D E E D R F S I S O C I O S
I A D M A N C L N H N O E N N
O R R F G T M U A I N C R H G
N G J R K R S V C G T Y T S P

Celebration
Desert
Family
Fathers
Flag
Friends
Gardening

Graduation
Hiking
June
Mountain
Outdoors
Picnic
Playing

Recreation
Sea
Summer
Sunshine
Swimming
Vacation
Walking

D P T R A I L P V P O R T
E N A L P R I A E E P Y S
P U P S M M C M E R R I W
A S I W S A H O E A N L A
S A H Z T E T L R I S N L
S E S I C U N E E O S T K
P T O S A R N G U V R F I
O N E I N I U V E A A D N
R D S K T S E I I R A R G
T R U I C N E N S O S P T
E C B T I I A B R E I L I
T Y L R B M T N R U O T Z
C A M E R A E L C Y C I B

Airplane
Auto
Bicycle
Bus
Camera
Cruise
Itinerary

Map
Passenger
Passport
Port
Road
Ship
Souvenir

Ticket
Tour
Trail
Train
Travel
Vacation
Walking