# **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 p	perform on injured and/or surgical sites	unless directed by a healthcare profe	essional.		
1 Supine Shoulder Flexion – Clasp hands together & carry above head, so that you feel a stretch. Keep elbows as straight as possible.	<b>2</b> 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.	3 Elbow Flexion – Reach one arm out in front & slowly raise forearm to shoulder. Relax arm. Repeat with opposite arm.	4 Elbow Extension – One arm at side bent 90 degrees, palm facing down. Slowly move foreard downward. Repeat with opposite side.		
Directions:  Completed:	Directions:	Directions:  Completed:	Directions:  Completed:		
<b>5 Finger Opposition</b> — 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.	6 Wrist Flexion/Extension – Actively bend wrist forward then backward as far as possible.	7 Ankle Pumps – Move Foot up and down	8 Hip Abduction – Keep legs straight, & toes pointed toward the ceiling. Move leg out to six Return to starting position		
Directions:  Completed:	Directions: Completed:	Directions:	Directions: Completed:		
9 Heel Slides – Start with leg straight. Try to bend the knee as much as possible. Return to starting position.	10 Gluteal Sets – Tighten buttocks by squeezing them together. Hold contraction for 5 seconds.	11 Quad Sets – Straighten knee. Tighten muscles above the knee. Hold contraction for 5 seconds.	12 Bridging – Lie on back with knees bent. Squeeze & lift buttocks, while continuing breathing in & out. Lower slowly & repeat.		

**Directions:** 



Directions:

## 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

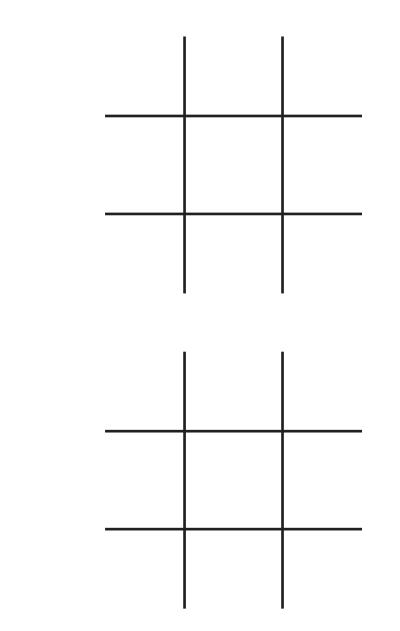
- Falls can lead to <u>serious disability and injuries</u>, such as broken bones, brain injury and/or loss of independence
- ➤ Medical conditions and some medications may cause dizziness, imbalance, fainting and internal bleeding
- > Confusion after a surgery, a procedure or a diagnostic test is common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

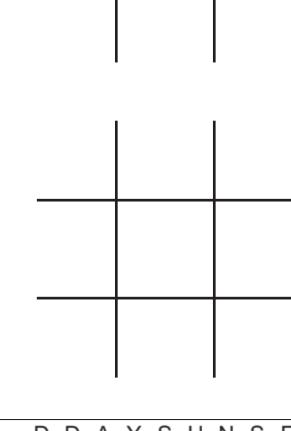
### **VISITORS**

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

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Breeze					Grass						Sprout		
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