

Exercise program: Instructions

Make sure the physical environment is safe.

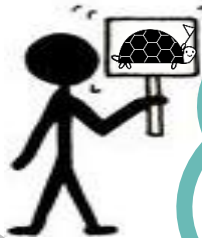


Stop if the user feels the slightest discomfort or shows any adverse effects: Loss of balance, pain/discomfort, dizziness, vertigo, fatigue, nausea, difficulty breathing, etc.



Let the nurse know.

Encourage the user to do the movements slowly, as far/high as possible without any pain. Make sure they're breathing properly during the exercises and not holding their breath.



Start with step #1. Once step 1 is completed, move slowly into step #2. Once step 2 is completed, move slowly into step #3. Increase the number of repetitions according to the user's tolerance.

Step #1: Up to 5 repetitions (no more the first time)

Step #2: Up to 10 repetitions

Step #3: Up to 2 sets of 10 repetitions each, with a 30- to 60-second break between sets.

