

Level 1: Mobility in bed - Legs

1.1. Bridge

Starting position: Lying flat on your back, knees bent, feet and hands on the mattress.

- Slowly raise your buttocks as high as possible without any pain, then slowly lower them back down.
- Repeat as many times as possible (see steps #1 to #3).



1.2. Raise your thigh (knee)

Starting position: Lying flat on your back, knees bent, feet on the mattress.

- Raise one foot off the mattress; slowly bring your thigh (knee) toward you as much as possible, then slowly return to the starting position.
- Repeat as many times as possible (see steps #1 to #3).
- Repeat with the other leg (do not alternate).



1.3. Slide your heel toward you

Starting position: Lying flat on your back, legs extended.

- Slide your heel toward your same-side buttock, bending the knee as much as possible, then slowly return to the starting position.
- Repeat as many times as possible (see steps #1 to #3).
- Repeat with the other leg (do not alternate).



Important! Make sure there is no redness/wound on the heel; if there is, do the exercise without the heel touching the mattress.

1.4. Slide your heel to the outside (hip)

Starting position: Lying flat on your back, one leg extended and the other bent (foot on the mattress).

- Slowly slide the heel of the extended leg as far as possible toward the outside of the bed, with your toes pointing up at the ceiling, then slowly return to the starting position.
- Repeat as many times as possible (see steps #1 to #3).
- Repeat with the other leg (do not alternate).



Important! Make sure there is no redness/wound on the heel; if there is, do the exercise without the heel touching the mattress.

1.5. Flex and point your toes

Starting position: Lying flat on your back **OR** sitting up in bed, with a rolled-up towel or a pillow under your ankles to raise your heels off the mattress.

- Flex your feet toward you as much as possible, then point them as much as possible without any pain.
- Repeat as many times as possible (see steps #1 to #3).



Level 1: Mobility in bed - Arms

1.6. Make a fist

Starting position: Lying flat on your back **OR** sitting up in bed, holding a rolled-up towel.

- Squeeze the towel as tightly as possible for five seconds, then slowly release.
- Repeat as many times as possible (see steps #1 to #3).



1.7. Raise your arms

Starting position: Lying flat on your back **OR** sitting up in bed.

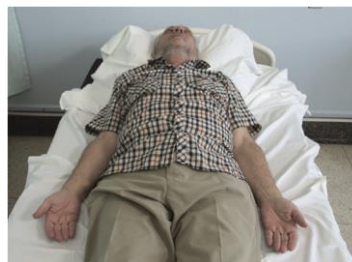
- Join your hands together, slowly raise your arms as high as possible, then slowly lower them back down.
- Repeat as many times as possible, varying the direction of the upward movement each time: forward, to the right and to the left (see steps #1 to #3).



1.8. Slide your arms to the side (snow angel)

Starting position: Lying flat on your back, arms alongside your body, palms facing up.

- Slowly slide both arms along the mattress toward the outside of the bed, then slowly return to the starting position.
- Repeat as many times as possible (see steps #1 to #3).
- Extra step (step #4): 10 repetitions, sitting in bed (starting position: arms extended, palms facing the outside of the bed).
- **Variation:** Do the exercise one side at a time.



1.9. Bend your elbow

Starting position: Lying flat on your back **OR** sitting up in bed, arms alongside your body.

- Slowly bend your elbow and try to touch your same-side shoulder with your hand, then slowly return to the starting position.
- Repeat as many times as possible (see steps #1 to #3).
- **Variation:** Touch your opposite-side shoulder with your hand.



1.10. Close and open your hands

Starting position: Lying flat on your back **OR** sitting up in bed.

- Slowly open your hands, spreading your fingers as wide as possible, then make a fist.
- Repeat as many times as possible (see steps #1 to #3).
- **Variation:** Do the exercise one side at a time.



Level 2: Seated position - Legs

2.1. Stand up and sit down

Starting position: Seated in a chair with armrests, feet on the ground (facing the patient attendant).

- Place your hands on the armrests, bend forward, then slowly stand up, pushing off the armrests with your hands. Stand up as straight as possible.
- Slowly bend your knees until your hands are touching the armrests, then slowly sit back down.
- Repeat as many times as possible (see steps #1 to #3).



2.2. Extend your leg

Starting position: Seated in a chair, feet on the floor, back straight.

- Slowly straighten your leg at the knee, extending it as far as possible, then slowly return to the starting position.
- Repeat as many times as possible (see steps #1 to #3).
- Extra step (step #4): Hold the extended position for 5-10 seconds before lowering your leg.
- Repeat with the other leg (do not alternate).



2.3. Walk in place

Starting position: Seated in a chair, feet on the floor, back straight.

- Alternate raising your knees as high as possible (return one leg to the starting position as you are raising the other leg).
- Repeat as many times as possible (see steps #1 to #3).
- **Variation:** Swing the opposite arms at the same time.



2.4. Open and close your legs

Starting position: Seated in a chair, feet on floor, back straight.

- Lift your feet off the floor, open your legs, and put your feet back down (feet apart), then lift your feet off the floor, close your legs, and put your feet back down (feet together).
- Repeat as many times as possible (see steps #1 to #3).
- **Variation:** Combine with "Exercise #8 - Open and close your arms" on the reverse (open/close legs and arms at the same time).



2.5. Lift your heels/toes

Starting position: Seated in a chair, feet on the floor, back straight.

- Lift your heels as high as possible, keeping your toes on the floor, then lower them back down. Then lift your toes as high as possible, keeping your heels on the floor, and lower them back down.
- Repeat as many times as possible (see steps #1 to #3).
- **Variation:** Lift only your heels OR your toes.



Level 2: Seated position - Arms

2.6. Make a fist

Starting position: Seated in a chair, holding a rolled-up towel.

- Squeeze the towel as tightly as possible for five seconds, then slowly release.
- Repeat as many times as possible (see steps #1 to #3).
- Repeat with the other hand (do not alternate).
- **Variation:** Do the exercise with both hands at the same time.



2.7. Raise your arms

Starting position: Seated in a chair.

- Join your hands together, slowly raise your arms as high as possible, then slowly lower them back down.
- Repeat as many times as possible, varying the direction of the upward movement each time: forward, to the right and to the left (see steps #1 to #3).



2.8. Open and close your arms

Starting position: Seated in a chair, elbows bent and pressed against your body.

- Slowly straighten your elbows while raising your arms up and to the sides (in an X shape), then slowly return to the starting position.
- Repeat as many times as possible (see steps #1 to #3).



2.9. Shadow boxing

Starting position: Seated in a chair, elbows bent and fists clenched.

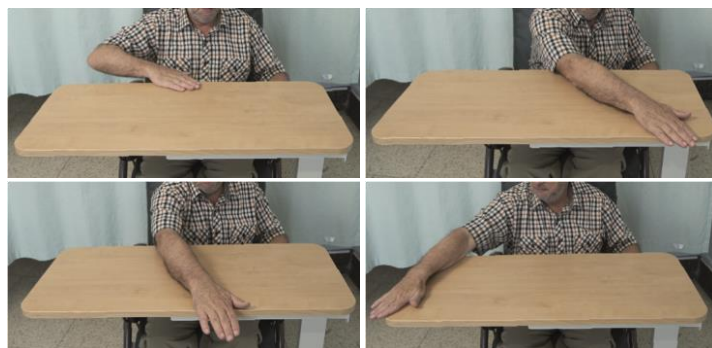
- Slowly straighten your elbow, pushing your fist as far forward as possible and alternating arms (return one arm to the starting position as you are straightening the other elbow).
- Repeat as many times as possible (see steps #1 to #3).
- **Variation:** Do the exercise one side at a time.



2.10. Make a circle with your arm outstretched

Starting position: Seated in a chair with the overbed table in front of you.

- Make a big circle with your arm, sliding your hand along the table like you were wiping it.
- Repeat as many times as possible (see steps #1 to #3).
- With the same arm, do the exercise in the opposite direction.
- Repeat with the other arm (do not alternate).



Level 3: Standing position - Legs

Starting position for exercises 3.1-3.6: Standing behind a stable piece of furniture, with your hands resting lightly on it for balance. **Important!** Place a chair behind the resident.

3.1. Bend and straighten your knees

- Slowly bend your knees, sticking out your buttocks and leaning forward, like you were sitting down (but don't actually sit), then slowly straighten up.
- Repeat as many times as possible (see steps #1 to #3).

OR

3.2. Stand up and sit down

(same exercise as no. 2.1 in Level 2: Seated position)

Starting position: Seated in a chair with armrests, feet on the ground (facing the patient attendant).

- Place your hands on the armrests, bend forward, then slowly stand up, pushing off the armrests with your hands. Stand up as straight as possible.
- Slowly bend your knees until your hands are touching the armrests, then slowly sit back down.
- Repeat as many times as possible (see steps #1 to #3).



OR



3.3. Raise your thigh (knee)

- Slowly raise your thigh (knee) as high as possible, then lower it back down.
- Repeat as many times as possible (see steps #1 to #3).
- Repeat with the other leg (do not alternate).



3.4. Raise your leg (hip)

- Without bending your knee, raise your leg to the side as high as possible, then slowly return to the starting position.
- Repeat as many times as possible (see steps #1 to #3).
- Repeat with the other leg (do not alternate).



3.5. Stand on your tiptoes

- Slowly rise up on your tiptoes as high as possible, keeping your legs straight (don't bend your knees), then slowly lower back down.
- Repeat as many times as possible (see steps #1 to #3).



3.6. Lift your toes

- Slowly lift your toes as high as possible, keeping your heels on the floor and your legs straight, then slowly return to the starting position.
- Repeat as many times as possible (see steps #1 to #3).



Level 3: Seated position - Arms

Same exercises as Level 2.

3.7. Make a fist

Starting position: Seated in a chair, holding a rolled-up towel.

- Squeeze the towel as tightly as possible for five seconds, then slowly release.
- Repeat as many times as possible (see steps #1 to #3).
- Repeat with the other hand (do not alternate).
- **Variation:** Do the exercise one side at a time.



3.8. Raise your arms

Starting position: Seated in a chair.

- Join your hands together, slowly raise your arms as high as possible, then slowly lower them back down.
- Repeat as many times as possible, varying the direction of the upward movement each time: forward, to the right and to the left (see steps #1 to #3).



3.9. Open and close your arms

Starting position: Seated in a chair, elbows bent and pressed against your body.

- Slowly straighten your elbows while raising your arms up and to the sides (in an X shape), then slowly return to the starting position.
- Repeat as many times as possible (see steps #1 to #3).



3.10. Shadow boxing

Starting position: Seated in a chair, elbows bent and fists clenched.

- Slowly straighten your elbow, pushing your fist as far forward as possible and alternating arms (return one arm to the starting position as you are straightening the other elbow).
- Repeat as many times as possible (see steps #1 to #3).
- **Variation:** Do the exercise one side at a time.



3.11. Make a circle with your arm outstretched

Starting position: Seated in a chair with the overbed table in front of you.

- Make a big circle with your arm, sliding your hand along the table like you were wiping it.
- Repeat as many times as possible (see steps #1 to #3).
- With the same arm, do the exercise in the opposite direction.
- Repeat with the other arm (do not alternate).

