

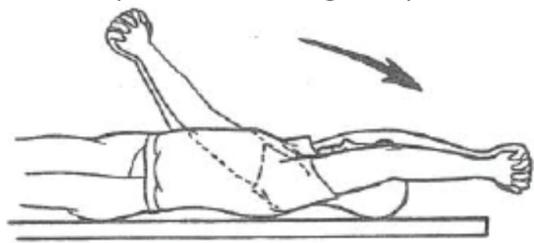
My Daily Exercises

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.

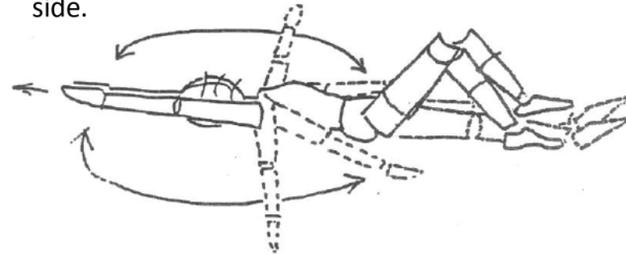
Do not perform on injured and/or surgical sites unless directed by a healthcare professional.

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



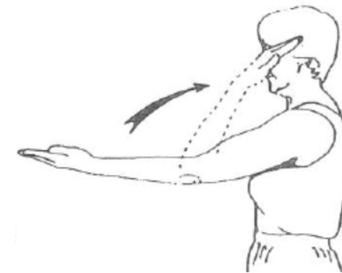
Directions: _____
Completed:

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.



Directions: _____
Completed:

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.



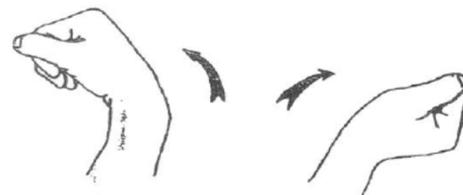
Directions: _____
Completed:

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.



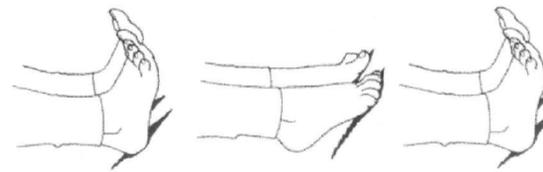
Directions: _____
Completed:

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



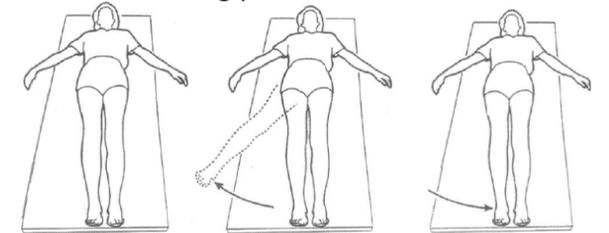
Directions: _____
Completed:

7 Ankle Pumps – Move Foot up and down



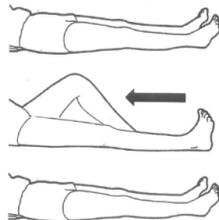
Directions: _____
Completed:

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



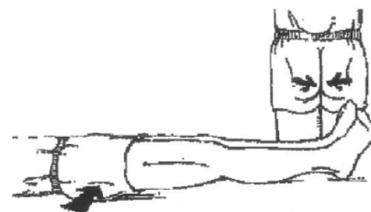
Directions: _____
Completed:

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



Directions: _____
Completed:

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



Directions: _____
Completed:

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!

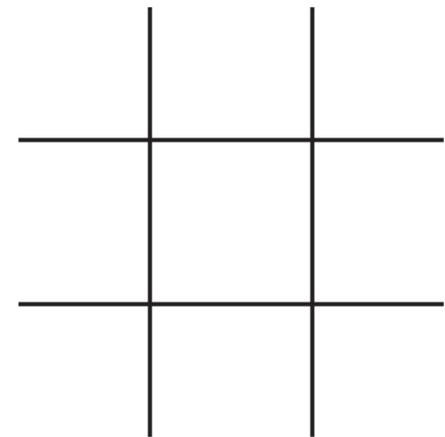
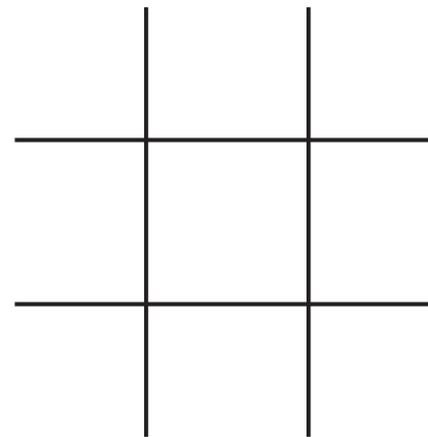
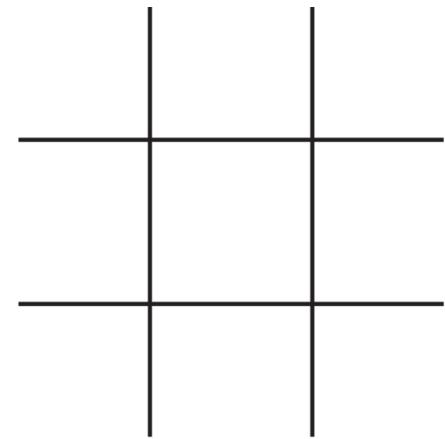
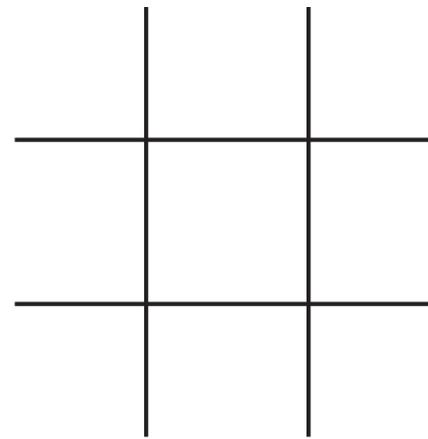
We are not too busy to help!

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



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

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

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

Baby
Calendar
Champagne
Cheer
Clock
Confetti
Dance

Family
Fireworks
First
Football
Happy
Hat
January

Kiss
Midnight
Music
Parade
Party
Resolution
Year

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

Audible
Blitz
Block
Center
Defense
Fans
Football

Half
Kick
League
League
Offence
Pass
Possession

Punt
Quarterback
Rival
Score
Secondary
Tackle
Touchdown