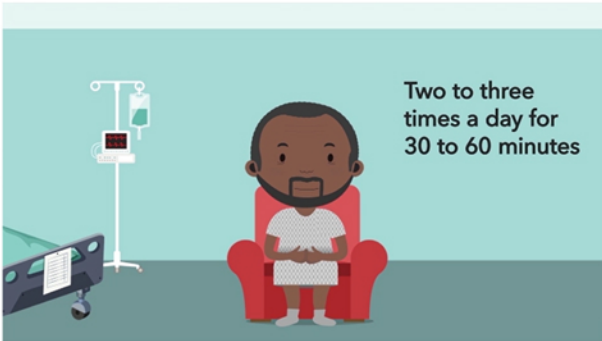


Do these EXERCISES Daily

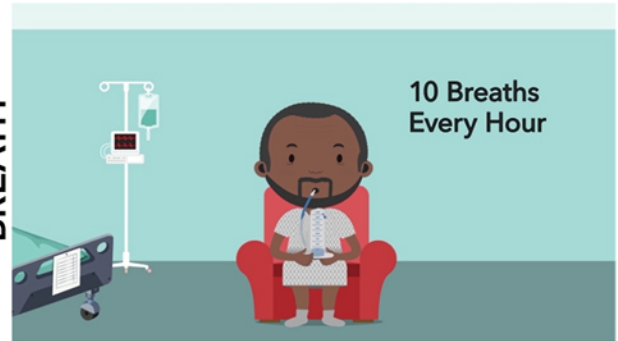
SIT



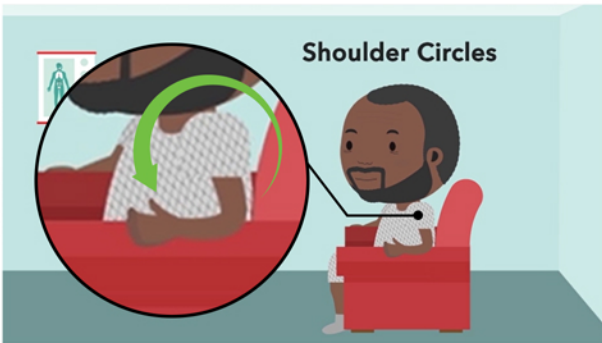
WALKING



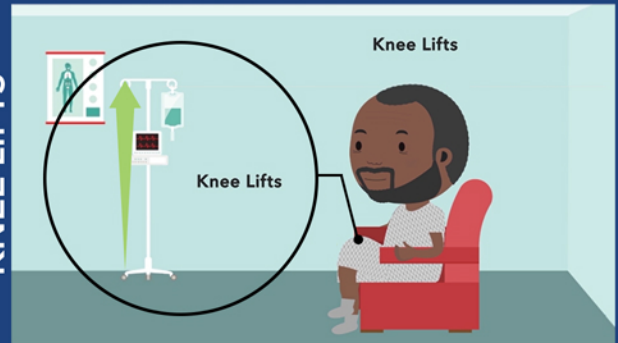
BREATH



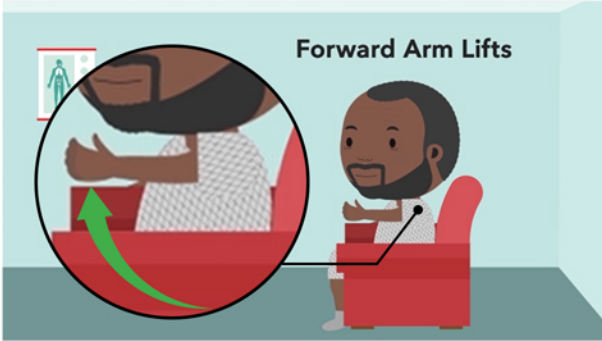
SHOULDER CIRCLES



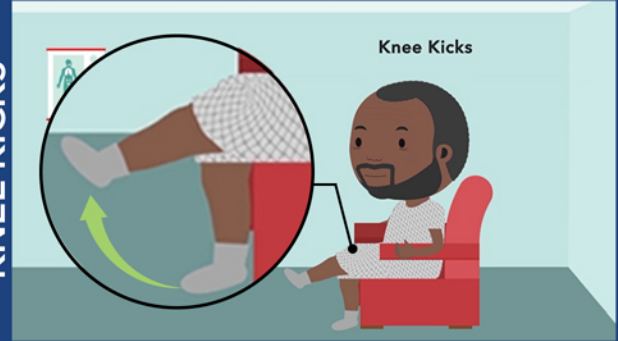
KNEE LIFTS



FORWARD ARM LIFTS



KNEE KICKS



ELBOW FLEX



ANKLE PUMPS



ADD THESE EXERCISES ON DAY 3

Call your care team with any questions.