

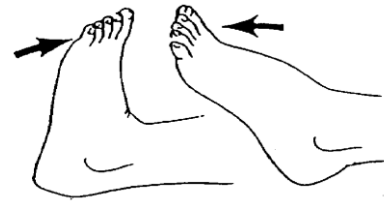
# Conditioning Exercises: Lying

All of these exercises are done while you are lying on your back in bed. Do only the exercises checked (✓) below.

Do each exercise \_\_\_\_\_ times each, \_\_\_\_\_ times a day.

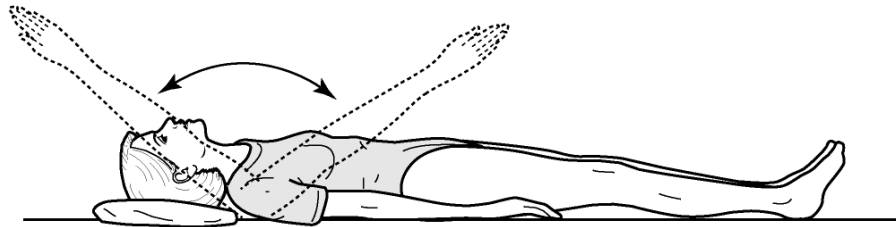
## Ankle Pumps

Keep your legs straight and move your ankles up and down in a pumping motion.



## Shoulder Flexion

Start with your arms at your sides. Lift your right arm straight up and over your head as far as possible as you breathe in. Return your arm to your side as you breathe out. Repeat with your left arm.



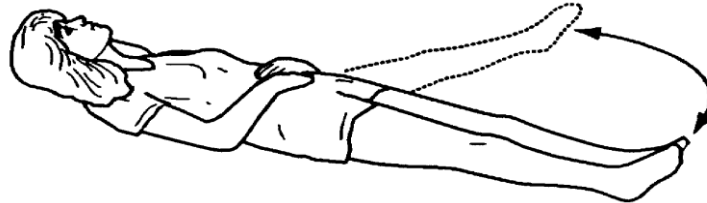
## Hip / Knee Flexion

Start with your legs straight. Gently bend your right knee and hip towards your buttocks as you breathe out. Slowly lower your leg back down to the bed as you breathe in. Repeat with your left leg.



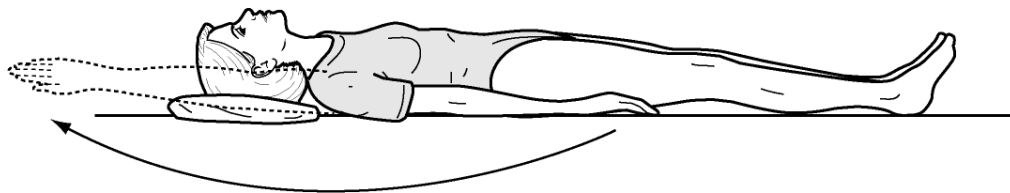
**□ Hip Abduction**

Start with your legs straight. Move your left leg out to the side as far as you can while you breathe out. Pull your leg back to the middle as you breathe in. Repeat with your right leg.



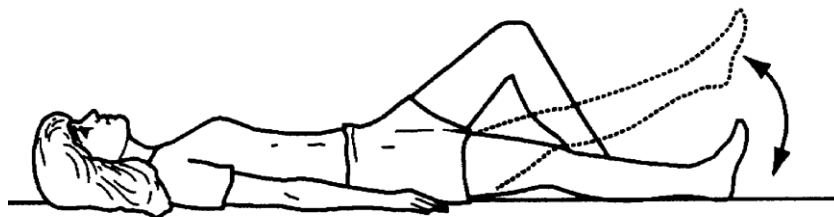
**□ Shoulder Abduction**

Start with your arms at your sides. Move your right arm out to your side and towards your head as you breathe in. Return your arm to your side as you breathe out. Repeat with your left arm.



**□ Straight Leg Raises**

Start with your right leg straight and the opposite leg bent. Slowly raise the right leg off of the bed as you breathe out. Keep your knee straight. Lower the leg to the bed and breathe in. Repeat with the left leg.



### ❑ Short Arc Knee Extension

Place a rolled pillow under the right knee. Keep knee against the pillow and straighten your leg as you breathe out. Lower the leg to the bed as you breathe in. Repeat with the left leg.



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