

Early Mobility in the COVID-19 Inpatient Units

For patients who can stand on their own or with assistance

For your daily activities:

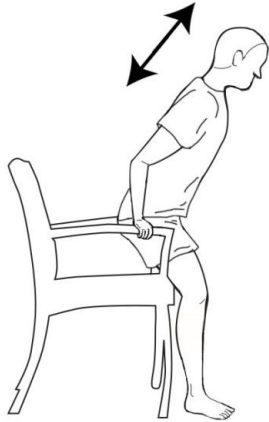
- ✓ Use the commode chair when you need to pee or poo.
- ✓ Sit in your bedside chair for every meal.
- ✓ Sit at the sink or use a basin to brush your teeth, comb your hair or wash your face.
- ✓ Take 10 deep breaths and cough to clear mucus from your lungs. Repeat every 1 hour.
- ✓ Change your position in bed. Move to your left side, then right side, then lift your buttocks off the bed. Repeat every 1 hour.
- ✓ Point your toes up and down. Do 10 repetitions every 1 hour.

Do exercises each day:

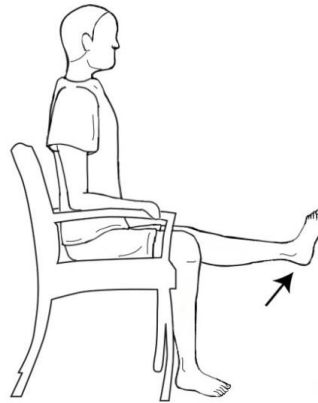
Sit upright in a chair to do these exercises. Repeat on both sides. Do 10 repetitions of each exercise, 3 times every day.

Work at a moderate effort. Your breathing should be heavier than normal but you should be able to talk.

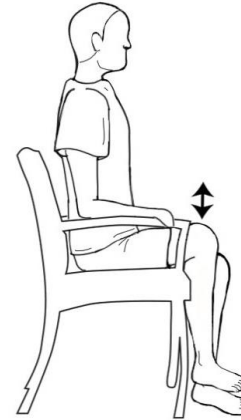
1. Slowly stand up, then sit down. Hold the chair arms for balance.



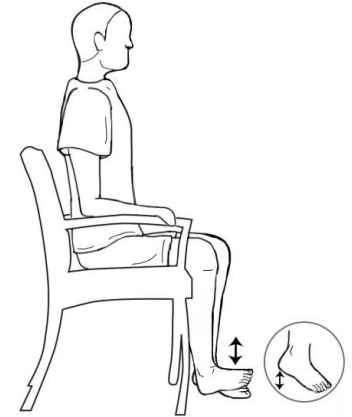
2. Straighten your leg and lift your foot off the ground. Keep your thigh on the chair. Hold for 5 seconds.



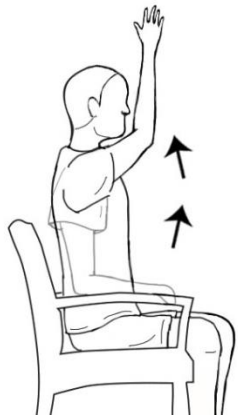
3. March on the spot for 10 seconds.



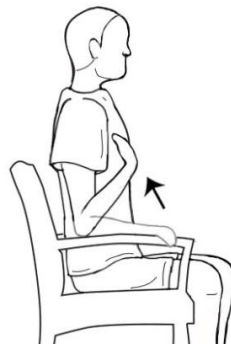
4. Tap your toes on the floor, then tap your heel on the floor.



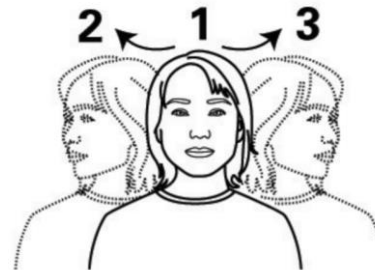
5. Reach your arm above your head.



6. Bend your elbow to raise your hand to your shoulder.



7. Face forward. Slowly turn your head to the left. Hold for 5 seconds. Turn your head to the right. Hold for 5 seconds.



8. Slowly raise your shoulders toward your ears. Hold for 5 seconds.

