

Early Mobility in the COVID-19 Inpatient Units

For patients who cannot stand

For your daily activities:

- ✓ Use a bedpan when you need to pee or poo.
- ✓ Sit upright for meals. Stay in bed.
- ✓ Use a basin to brush your teeth, comb your hair and 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:

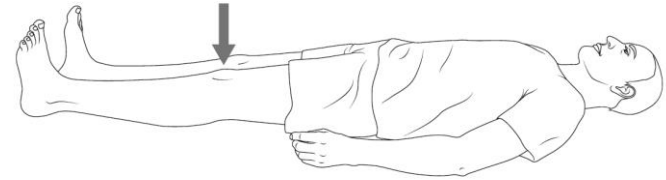
Lay on your back to do these exercises. Repeat on both sides. Do 10 repetitions of each exercise, 3 times every day.

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

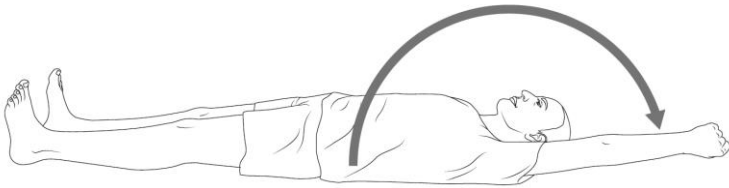
1. Slide your heel along the bed towards your buttock, bending the knee as much as you can. Then, slide the heel back down until your leg is flat on the bed.



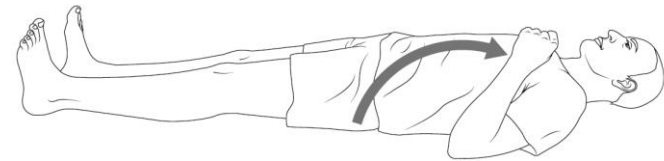
2. Squeeze your buttocks together, and then press the back of the knee down into bed to tighten the muscle on top of your thigh. Hold for 5 seconds.



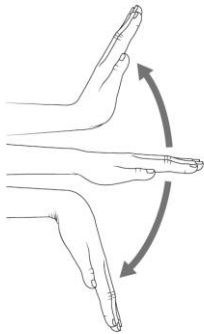
3. Starting with your arms straight at your sides, lift your arm straight over your head as far as you can and then, slowly lower.



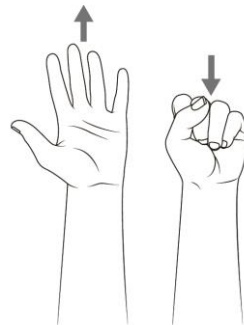
4. With your arm straight at your side, bend your elbow towards the shoulder and then, back down to the starting position.



5. Bend and straighten your wrist back and forth. Keep your fingers straight.



6. Bend your fingers into a fist, and then straighten your fingers.



7. Keep your legs straight. Point your foot down and then up.

