

Early Mobility When Self-Isolating With COVID-19

For patients who are self-isolating at home

For your daily activities:

- ✓ Walk to the bathroom when you need to pee or poo.
- ✓ Sit in a chair for all meals.
- ✓ Stand at the sink 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:

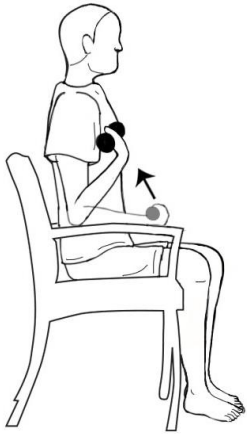
Sit or stand to do these exercises. Repeat on both sides. Do 10 repetitions of each exercise, 3 times every day.

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

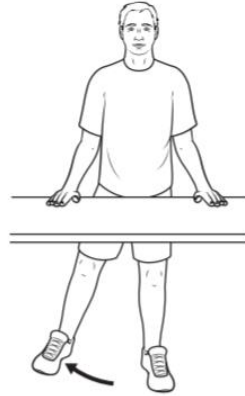
Learn more about [Returning to Your Daily Activities and Exercise While Recovering from COVID-19](https://www.uhn.ca/PatientsFamilies/Health_Information/Health_Topics/Documents/Returning_to_activity_exercise_while_recovering_from_COVID.pdf)

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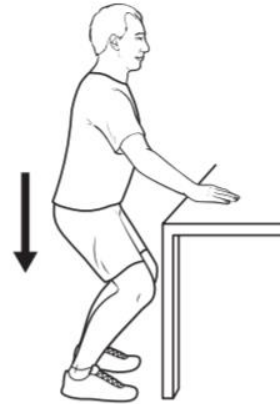
1. Bend your elbow to raise your hand to your shoulder.



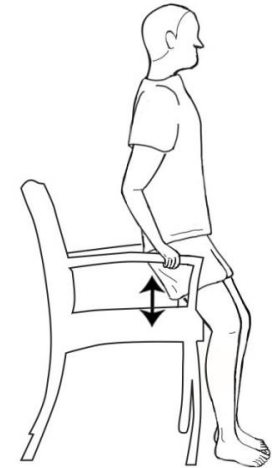
2. Stand and slowly raise your leg to the side. Hold a table or counter to keep your balance.



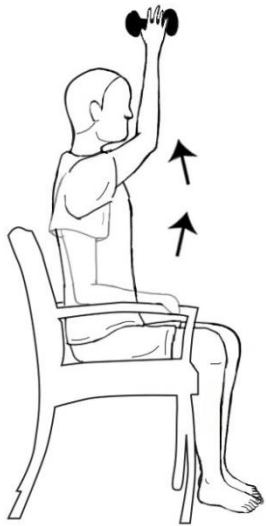
3. Stand and slowly bend your knees. Hold a table or counter to keep your balance.



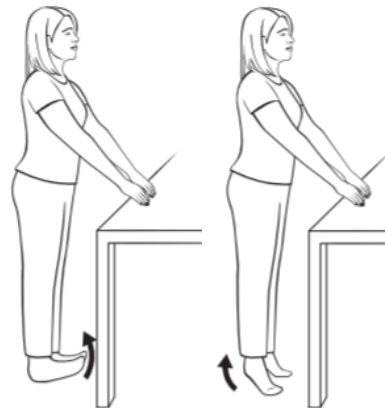
4. Sit in a chair. Hold the arm rests and push down to slowly stand up.



5. Reach your arm above your head.



6. Slowly stand on your toes, then slowly stand on your heels. Hold a table or counter to keep your balance.



7. March on the spot for 10 seconds.



8. Walk around the room for 10 seconds.

