



Sitting Exercises:


Warm-up (Sit up straight)


- Take a deep breath, stretching arms up towards ceiling. Exhale through pursed lips, relaxing arms back down to sides. Repeat 5 times.
- Head rolls 5 times - both directions.
- Shift weight from one hip to the other 10 times.
- Shoulder rolls 5 times - both directions.
- Ankle rolls - make "circles" with your ankles 5 times - both directions. Curl and straighten toes 10 times - each foot.

 **Bicep curls:** With a can of soup or small weight in each hand - bend elbows 10 times each. Work up to 20 times each.

 **Knee extensions:** Straighten knee; hold 3 seconds. Relax so foot is on the ground again. Repeat 10 times - each leg. Work up to 20 times each.

 **Ceiling punches:** Holding a can of soup or small weight in each hand, punch straight up towards the ceiling 10 times - each arm. Work up to 20 times each.

 **Knee raises:** Bring knee up towards ceiling, bending the hip. Alternate 10 times - each leg. You can place hands on top of knee and push for added resistance. Work up to 20 times each.

 **Arm circles:** Lift arms out to the sides. Elbows straight; make a fist with your hands. Make "circles" with arms 10 times - each direction. Work up to 20 times - both directions. (Add weights if this gets too easy.)

Inner/Outer thigh workout:

Place folded pillow between knees and hands on the outside of knees. Squeeze knees together (squeezing pillow). Hold 3 seconds. Push knees out against your hands. Hold 3 seconds. Start with 10 times each - work up to 20 times - each direction.

"Swimming" exercise for arms:

Bringing your arms forward, "swim", alternating arms 10 strokes each - work up to 1 minute, then 2 minutes, increasing until you can swim 5 minutes.

"Swimming" exercise for legs:

Straighten both knees. Then, flutter-kick 10 times each leg - work up to 2 minutes, increasing until you can kick for 5 minutes.

Stand-up exercise:

Scot to the edge of the chair. Place hands on arms of chair and uninvolved foot on floor. Push with uninvolved leg and arms until you are in a standing position; balance yourself a couple of seconds, then lower yourself back down to sitting. Repeat 10 times.

End Exercise With A Few Slow, Deep Breaths! Inhale while raising arms up. Exhale while bringing arms back down to your sides.

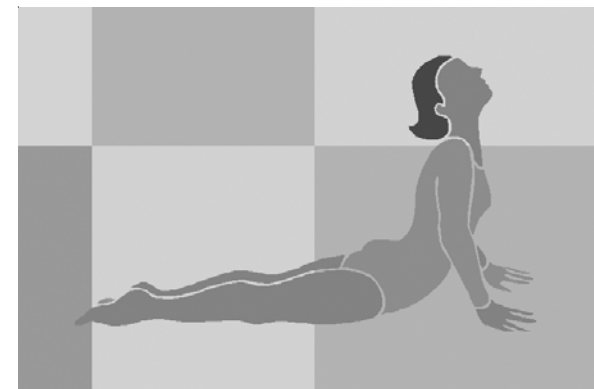


This booklet is not intended as a substitute for professional medical care.

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Starting An Exercise Program



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Starting an exercise program

Everyone can exercise and can benefit from exercise. Starting with even a little exercise can make a big difference in how you feel, move and sleep. There are no age, weight or conditioning limits on who can exercise, but you need to talk with your doctor about the level of exercise at which you should start.

Regular exercise is a key factor in helping you feel better. If you have trouble getting motivated, ask a friend to join you. If you decide to exercise alone, be sure to have some water and identification with you at all times when you are exercising.

Being physically fit is more than being strong or being fast

Real fitness is a combination of flexibility, muscular strength, and endurance. If your muscles are out of shape you may feel short of breath when you first begin to exercise. This does not mean that you should stop exercising. Exercising helps you tone muscles so that they use less oxygen and you don't become short of breath as fast. Build your strength and endurance slowly and safely, doing activities you enjoy. Begin with a few exercises two or three times a day and add repetitions as you gain strength. Make exercise a regular part of your routine.

Tips for getting started:



Review your general health status and exercise goals with your doctor before you begin a formal exercise program.



Start slowly and warm up your muscles by gently stretching and bending or walking slowly. Exercise at your optimal level. When you finish exercising, gently stretch and bend again and walk slowly to cool down your muscles.



If you feel unsteady on your feet, walk with support of a cane, crutches or walker.



In bad weather you can walk in the house or at an indoor mall.



Park your car at the far end of the parking lot and walk to where you are going.



Ask a friend, neighbor or family member to commit to exercise with you daily.



Start with short distances and add one minute to your time each time you walk till you reach 20 to 30 minutes.



It may be necessary to reinforce your wound dressing before walking due to additional drainage.



Wear well supported flat walking shoes.



Keep a record of your progress in your exercise diary.



Layer your clothing when walking outside so that you can adjust your temperature as you walk and prevent overheating or chilling.



Vary your walking paths on a regular basis to add interest to your program.

