

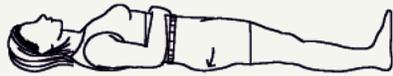
Staying Active With COVID-19



ISOMETRIC EXERCISES 1

It is important to keep using your muscles to reduce the effects of deconditioning, muscle loss, and chance of developing a blood clot.

1

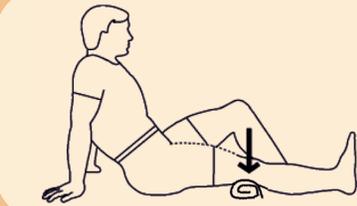


1. GLUTES

- Lie on your back with your legs straight
- Squeeze your buttocks together
- Hold for 10 seconds, relax, and repeat

Complete 1 set of 20, 3 times per day

2



2. QUADRICEPS

- Sit with your leg straight and small towel roll placed under you knee
- Tighten the muscle on the front of your thigh and try to push your knee into the towel
- Hold for 10 seconds, relax, and repeat

Complete 1 set of 20, 3 times per day on each leg

3

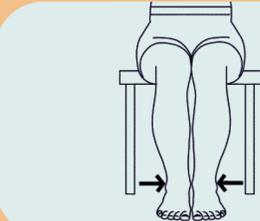


3. HAMSTRINGS

- Sit with your leg straight and knee slightly bent
- Without moving your leg, tighten the muscles on the back of your leg and try to drive your heel into the ground

Complete 1 set of 20, 3 times per day on each leg

4

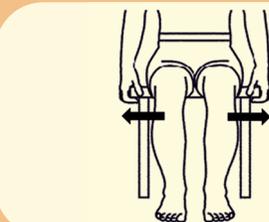


4. HIP ADDUCTORS

- Sit with your knees bent and ankles together
- Push your ankles together, don't let your thighs move
- Hold for 10 seconds, relax, and then repeat

Complete 1 set of 20, 3 times per day

5



5. HIP ABDUCTORS

- Sit with your knees bent and ankles together
- Push your knees out into your hands, don't let your hands move
- Hold for 10 seconds, relax, and then repeat

Complete 1 set of 20, 3 times per day

Please contact your medical provider if these exercises worsen or prolong your symptoms & before beginning more rigorous exercise.

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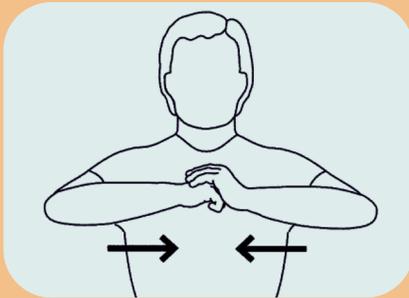
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ISOMETRIC EXERCISES 2

It is important to keep using your muscles to reduce the effects of deconditioning, muscle loss, and chance of developing a blood clot.

6

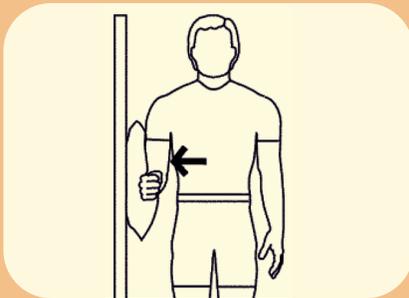


6. SHOULDER ADDUCTORS

- Sit with arm in front, elbows bent, and hands together
- Push hands inward towards each other
- Keep shoulders level
- Hold for 10 seconds, relax, and repeat

Complete 1 set of 20, 3 times per day

7



7. SHOULDER ABDUCTORS

- Stand next to wall with elbow bent to 90 degrees
- Place towel or pillow between arm and wall
- Press into pillow/towel
- Hold for 10 seconds, relax, repeat

Complete 1 set of 20, 3 times per day on each arm

8

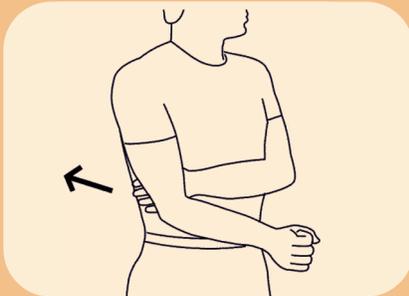


8. SHOULDER FLEXORS

- Sit with right elbow bent to 90 degrees
- Place left hand on the front of your upper arm
- Push right arm forward into left hand but don't let your arm move
- Hold for 10 seconds, relax, repeat

Complete 1 set of 20, 3 times per day on each arm

9



9. SHOULDER EXTENSORS

- Sit with right elbow bent to 90 degrees
- Place left hand behind your upper arm
- Push right arm backward into left hand but don't let your arm move
- Hold for 10 seconds, relax, repeat

Complete 1 set of 20, 3 times per day on each arm

Please contact your medical provider if these exercises worsen or prolong your symptoms & before beginning more rigorous exercise.

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