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

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. **QUADRICEPS**
   - Sit with your leg straight and small towel roll placed under your 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. **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. **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. **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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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. 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. 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. 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*

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