Progressive Mobility
Exercise Guide

Level 1-2

Each of these exercises are to be repeated 10 times or as tolerated.

Ankle Pumps
While sitting or laying, pump the ankles up and down.

Bend and Straighten Elbow
While lying on your back, bend and straighten your elbow.

Leg Slides
While lying on your back, keep toes pointed to the ceiling and slide your leg out to the side and back in.

Ceiling Punches
While lying on your back, punch arms to ceiling, alternating arms. Reach as high as you can.

Knee Bends
While lying on your back, bring the heel towards the buttock by bending the knee up toward their chest, then return to starting position.

Shoulder Lifts
While lying on your back, lift your arm up overhead, keep the elbow straight, and try to touch the top of the bed. Repeat on each side.

Rolling Side to Side
While lying on your back, bend one knee and reach your arm across body and roll to your side.
Progressive Mobility
Exercise Guide

**Level 3**

Each of these exercises are to be repeated 10 times or as tolerated.

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Description</th>
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<tbody>
<tr>
<td><strong>Shoulder Circles</strong></td>
<td>While seated, place your hand on shoulders and circle forward with elbows.</td>
</tr>
<tr>
<td><strong>Seated Marching</strong></td>
<td>While seated, raise knee and set it down and then alternate to other leg.</td>
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<tr>
<td><strong>Air Box</strong></td>
<td>While seated, punch arms forward at shoulder height; alternating arms.</td>
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<tr>
<td><strong>Seated Arm Lifts</strong></td>
<td>While seated, lift one arm overhead reaching toward ceiling and return to resting position.</td>
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<tr>
<td><strong>Knee Straightening</strong></td>
<td>While seated with your knee bent, slowly straighten your knee as you raise your foot upwards. Then return to the starting position.</td>
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<tr>
<td><strong>Sit to Stand</strong></td>
<td>While seated in a chair with armrests, push up from the chair to stand up tall. Reach back for the chair to sit. Have walker available if necessary for support.</td>
</tr>
</tbody>
</table>
Each of these exercises are to be repeated 10 times or as tolerated.

**Raise Up On Toes**
While standing next to a stationary object for support, raise up on toes and push up to the ceiling.

**Standing Marching**
While standing next to a stationary object for support, march with high knees.

**Standing Arm Lifts**
While standing, bring both hands up toward ceiling and return to resting position. Use support for balance if needed.

**Standing Air Box**
While standing, punch arms forward at shoulder height and alternate arms. Increase speed if possible. Use support for balance if needed.

**Squats**
While standing next to a stationary object for support, bend knees slightly. Return to standing position.

**Leg Lifts**
While standing next to a stationary object for support, keep toes pointed forward and lift the leg out to the side and back to the floor.