

Cardiac Exercises

The following exercises are to be done twice a day preferably first thing in the morning and the last thing in the evening.

Do TEN times each:

1. Bend toes up and down.
2. Bend ankles up and down.
3. Bend knees by sliding feet up and down on bed.
4. Tighten and release muscles of buttocks.
5. Open and close hands.
6. Bend wrists up and down.
7. Place arms at sides, then raise hands to touch shoulders.
8. Place arms at sides, and then raise arms above head as far as possible.

Do FIVE times each:

9. Take deep breaths, inhale through nose, exhale through pursed lips.
10. With arms at sides, tighten all arm muscles, and then relax them completely.
Do not lift arms off bed.
11. Tighten all leg muscles, and then relax them completely.
Do not lift legs off the bed.