

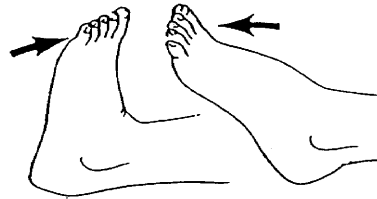
Conditioning Exercises: Lying

All of these exercises are done while you are lying on your back in bed.
Do only the exercises checked (✓) below.

Do each exercise _____ times each, _____ times a day.

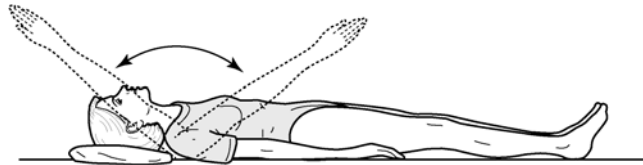
Ankle Pumps

Keep your legs straight and move your ankles up and down in a pumping motion.



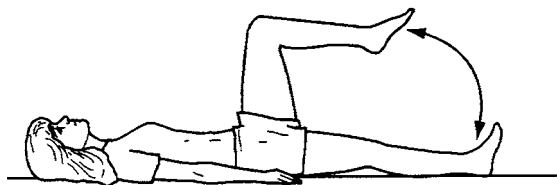
Shoulder Flexion

Start with your arms at your sides. Lift your right arm straight up and over your head as far as possible as you breathe in. Return your arm to your side as you breathe out. Repeat with your left arm.



Hip / Knee Flexion

Start with your legs straight. Gently bend your right knee and hip towards your buttocks as you breathe out. Slowly lower your leg back down to the bed as you breathe in. Repeat with your left leg.



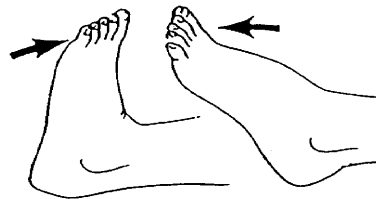
Ejercicios de acondicionamiento: acostado

Todos estos ejercicios se hacen estando acostado sobre la espalda en la cama. Haga sólo los ejercicios que estén marcados (✓).

Haga cada ejercicio _____ veces, _____ veces al día.

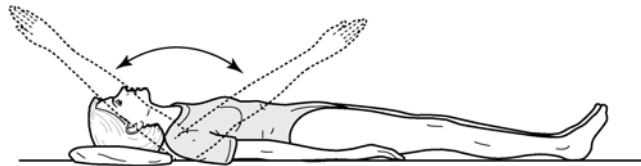
Movimiento con los tobillos

Mantenga las piernas estiradas y mueva los tobillos hacia arriba y hacia abajo, como si estuviera bombeando.



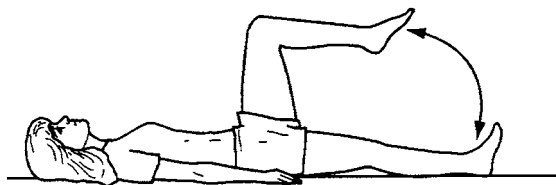
Flexión de hombros

Comience con los brazos a los costados. Levante el brazo derecho extendido por encima de la cabeza tanto como pueda mientras inhala. Vuelva a colocar el brazo al costado del cuerpo mientras exhala. Repita el ejercicio con el brazo izquierdo.



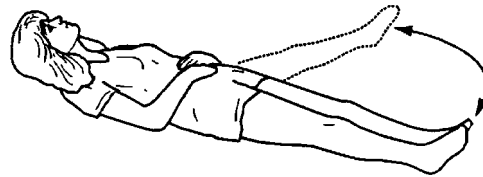
Flexión de cadera / rodilla

Comience con las piernas estiradas. Flexione suavemente la rodilla derecha y la cadera hacia los glúteos mientras exhala. Baje lentamente la pierna hasta apoyarla sobre la cama mientras inhala. Repita el ejercicio con la pierna izquierda.



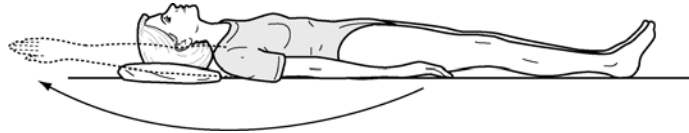
❑ Hip Abduction

Start with your legs straight. Move your left leg out to the side as far as you can while you breathe out. Pull your leg back to the middle as you breathe in. Repeat with your right leg.



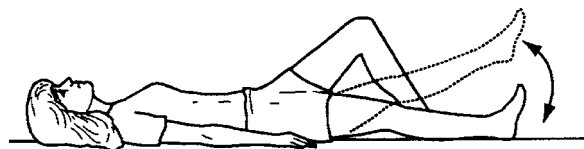
❑ Shoulder Abduction

Start with your arms at your sides. Move your right arm out to your side and towards your head as you breathe in. Return your arm to your side as you breathe out. Repeat with your left arm.



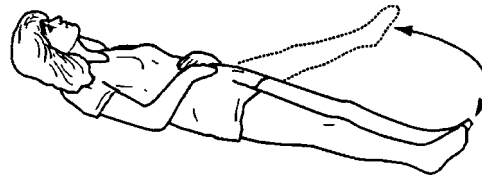
❑ Straight Leg Raises

Start with your right leg straight and the opposite leg bent. Slowly raise the right leg off of the bed as you breathe out. Keep your knee straight. Lower the leg to the bed and breathe in. Repeat with the left leg.



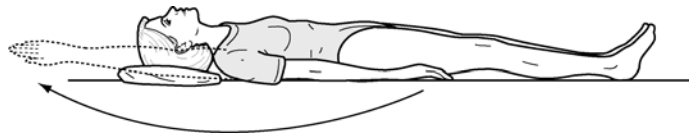
❑ **Abducción de cadera**

Comience con las piernas estiradas. Mueva la pierna izquierda hacia fuera lateralmente tanto como le sea posible, mientras exhala. Regrese la pierna al centro mientras inhala. Repita el ejercicio con la pierna derecha.



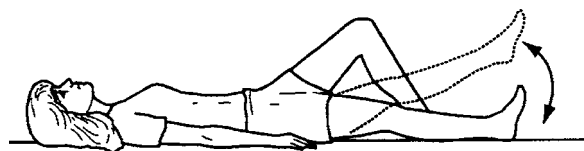
❑ **Abducción de hombros**

Comience con los brazos a los costados. Mueva el brazo derecho hacia fuera lateralmente y hacia la cabeza a medida que inhala. Vuelva a colocar el brazo al costado de su cuerpo mientras exhala. Repita el ejercicio con el brazo izquierdo.



❑ **Elevaciones de pierna recta**

Comience con la pierna derecha estirada y la pierna izquierda doblada. Levante lentamente la pierna derecha de la cama mientras exhala. Mantenga la rodilla estirada. Baje la pierna hasta apoyarla sobre la cama e inhale. Repita el ejercicio con la pierna izquierda.



❑ Short Arc Knee Extension

Place a rolled pillow under the right knee. Keep knee against the pillow and straighten your leg as you breathe out. Lower the leg to the bed as you breathe in. Repeat with the left leg.



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❑ Extensión de rodilla con arco corto

Coloque una almohada enrollada debajo de la rodilla derecha.
Mantenga la rodilla sobre la almohada y estire la pierna mientras exhala. Baje la pierna hasta apoyarla sobre la cama, mientras inhala.
Repita el ejercicio con la pierna izquierda.



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Conditioning Exercises: Lying. Spanish.