

Coronavirus (Covid-19) Exercise Recommendations

As we work together through your recovery from Coronavirus, we encourage you stay active and start an exercise routine. You may be asking why we recommend exercise at a time like this? Here are a few key reasons:

- It helps your lungs recovery during and after illness
- It helps your arms and legs stay strong
- Prevents blood clots
- Improves your mental health

We want to give you resources you need to be safe and successful with your exercise program. We always recommend you start exercising at a slow pace, so you do not feel more fatigue or shortness of breath. Use your Pulse Oximeter (in your kit) to measure your oxygen levels with exercise.

- Exercise at an intensity you feel is “fairly light” to “somewhat hard”
- Always keep your pulse oximeter 90% or higher during exercise

Start gentle exercise if you:

- Do not have a fever for 2 days
- Do not have chest pain or feel severely short of breath while walking inside your house.
- Do not have leg swelling

Do not exercise if you have:

- A fever above 102.2 degrees Fahrenheit (39 degrees Celsius) in the past 2 days
- Severe shortness of breath or pulse oximetry below 92% at rest
- A breathing rate above 24 breaths per minute
- A heart rate above 105 beats per minute
- A systolic blood pressure (top number) 30 points below your “normal”
- Chest pain or palpitations (feeling of rapid, strong or irregular heartbeat)
- Dizziness or lightheadedness
- Confusion
- Recent falls
- Not eating or drinking for past 12 hours

Description of your exercise program:

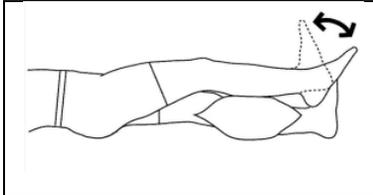
- **Level 1 Exercises:** Do these if you feel very weak and must lie down most of the day.
- **Level 2 Exercises:** Do these if you can do level 1 exercises with ease and sit up for longer periods of time.
- **Level 3 Exercises:** Do these if you can do level 2 exercises with ease and safely stand/walk around your house.

Let's get started!

- **Start and end each exercise session with 1 minute of slow, deep breaths in through your nose and out through your mouth.**
 - Deep breathing may cause you to cough. That is okay.
- Do the exercises in the order they are listed. Level 1 is easiest. Level 3 is most difficult.
- Try to exercise 2 to 3 times a day

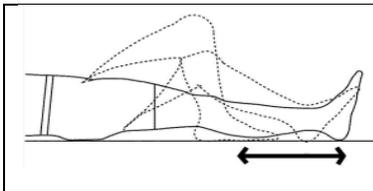
Level 1 Exercises:

Ankle Pumps



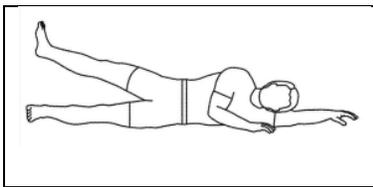
- Bend your ankles up and down. Alternate pointing toes downward and upward.
- Do this slowly for 1 minute.

Heel Slides



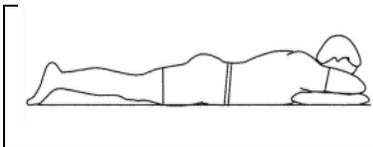
- Lie on your back with legs straight. Slide your heel up to the buttocks, bending at the knee. Then slide your heel to make your leg straight. Repeat with the other leg.
- Do this 5 to 10 times with each leg.

Side Lying Leg Raises



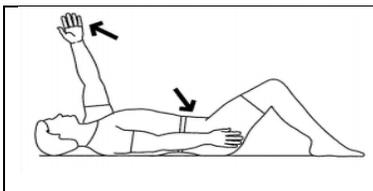
- Lie on your side with knees straight. Lift the top leg toward the ceiling. Slowly lower it.
- Do this 5 to 10 times with each leg.

Prone Lying



- Lie on your stomach for a few minutes, relax and focus on deep breathing.
- Do this for 2 to 10 minutes.

Arm Raises



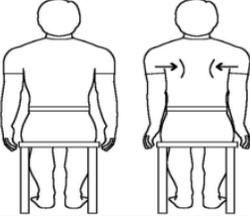
- Raise your arm over your head. Reach toward the ceiling. Slowly lower your arm. Repeat with the other arm.
- Do this 5 to 10 times with each arm.

Sitting in a Chair or Side of the Bed

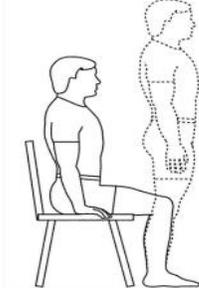


- Try to sit at the edge of bed. Do a few minutes of deep breathing.
- Do this for 1 to 3 minutes.

Shoulder Blade Squeeze

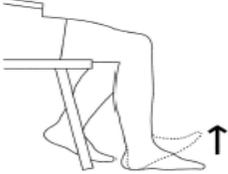
	<ul style="list-style-type: none"> • Sit up straight. Try to squeeze/pinch your shoulder blades together, and slightly downward. Hold this for 1 to 2 seconds. • Do this 5 to 10 times.
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Sit to Stand

	<ul style="list-style-type: none"> • Use your arms to help you stand up from your chair or bed. Try to stand for 1 to 3 minutes. Then sit or lie down for a rest. • Do this 1 to 3 times. • Do not try standing on your own if you feel you might fall. • Sit or lie down right away if you feel lightheaded or dizzy.
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Level 2 Exercises:

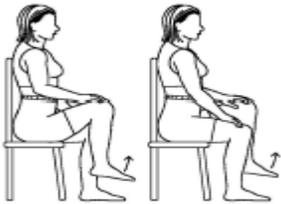
Ankle Pumps

	<ul style="list-style-type: none"> • Bend your ankles up and down. Point your toes downward and upward. • Do this slowly for 1 minute.
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Long Arc Quad

	<ul style="list-style-type: none"> • Sit with your knee bent. Straighten your knee as you raise your foot upwards. Repeat with the other leg. • Do this 5 to 10 times with each leg.
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Seated Marching

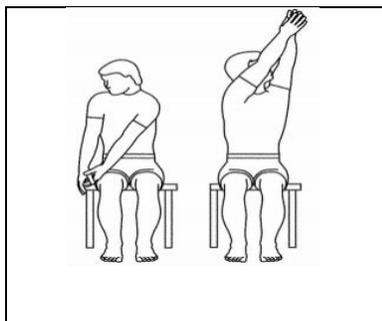
	<ul style="list-style-type: none"> • Sit in a chair with your knees bent. Lift your foot and knee, then set it down. Do this with your other leg, like you are marching. • Do this 5 to 10 times with each leg.
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Arm Raises



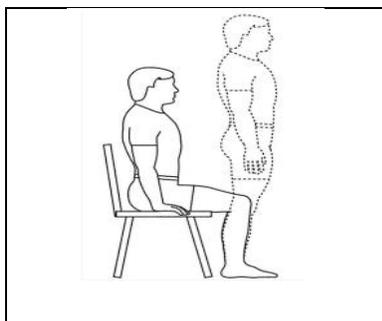
- Sit up. Raise your arm over your head. Reach toward the ceiling. Slowly lower your arm. Repeat with the other arm.
- Do this 5 to 10 times with each arm.

Trunk Rotation



- Hold your hands together. Move your hands and arms from down by the right hip to above the left shoulder. Do this 5 to 10 times.
- Repeat this 5 to 10 times in the opposite direction (left hip to above right shoulder).

Sit to Stand



- Use your arms to help you stand up from your chair or bed. Try to stand for 1 to 3 minutes. Then sit or lie down for a rest.
- Do this 1 to 3 times.
- Do not try standing on your own if you feel you might fall.
- Sit or lie down right away if you feel lightheaded or dizzy.

Standing Marching



- Stand up. Then raise up 1 knee and let it bend as you raise it. March or step-in-place.
- Use a walker for support to help you balance if needed. Have a chair behind you for safety.
- Do this 5 to 10 times with each leg.

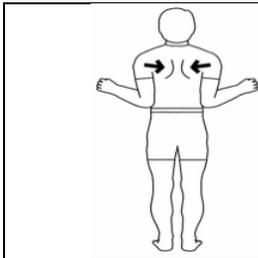
Level 3 Exercises:

Standing Marching



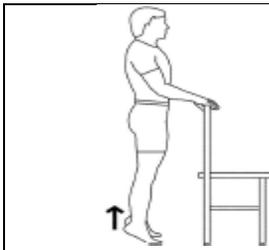
- Stand up. Then raise up 1 knee and let it bend as you raise it. March or step-in-place.
- Use a walker to help you balance, if needed. Have a chair behind you for safety.
- Do this 5 to 10 times with each leg.

Shoulder Blade Squeezes



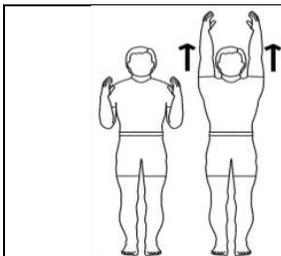
- Stand up straight. Try to squeeze/pinch your shoulder blades together, and slightly downward. Hold this for 1 to 2 seconds.
- Do this 5 to 10 times.

Heel Raises



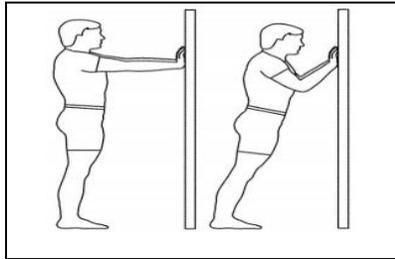
- Stand up. Then raise up on your toes as you lift your heels off the ground.
- Use a walker to help you balance, if needed.
- Do this 5 to 10 times.

Arm Raises



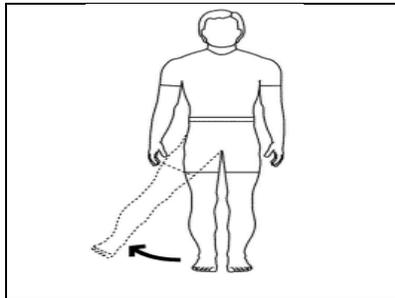
- Stand up. Raise your arm over your head. Reach toward the ceiling. Slowly lower your arm. Repeat with the other arm.
- Do this 5 to 10 times with each arm.

Wall Push-Up



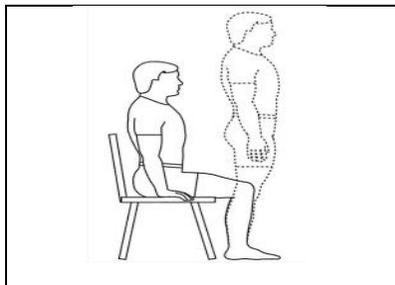
- Stand facing a wall, about 12 to 18 inches away. Place your hands on the wall at shoulder height. Bend your elbows and bring your face toward the wall. Push against the wall, back to the starting position.
- Do this 5 to 10 times.

Side Leg Kickout



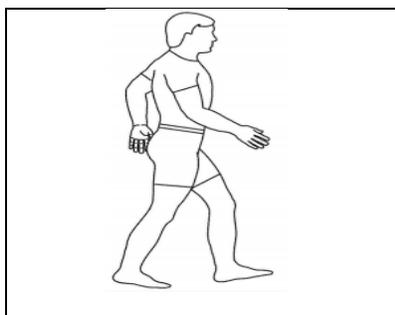
- Stand up. Use a handhold support for balance. Slowly raise 1 leg out to the side. Then put it back down.
- Do this 5 to 10 times with each leg.
- Use a walker to help you balance, if needed.

Sit to Stand



- Start by sitting in chair. Stand up, then sit back down. Use your arms to help you, as needed.
- Do this 2 to 10 times.

Walking



- Walking is a great way to improve lung health, strength, balance, and prevent blood clots.
- Try to walk short to moderate distances near your home 3 times each day. Slowly walk longer distances. Watch your oxygen levels.