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For people who would like to sit upright

Stiff joints will cause pain and make it hard for you to remove or apply diaper. It is important to prevent this by keeping your lower body joints soft through exercise. Do not just lay in bed, but it is important to get up and move your body.

1 Hip joints exercise (3 sets)

To improve leg movement



Lie on floor with knees bent. Hold your hands together with fingers folded on top of your belly and keep your eyes closed.

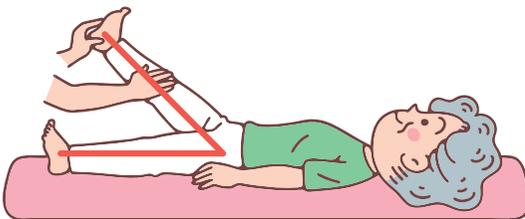
Slowly open up your knees to the sides.

Keep your legs opened, place the bottom of your feet together and relax.

*Abdominal breathing helps you open the legs and stretch the muscles more smoothly.

2 Knee stretching exercise (5 sets /side)

To soften knees



Slowly lift up the care receiver's leg.

*Care giver should apply one hand on care receiver's knee, the other hand on the heel of the same leg and slowly lift the leg up.