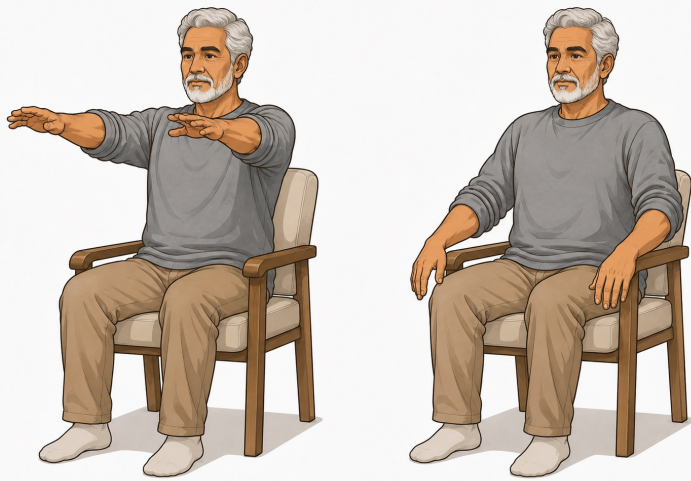


Movement



Gentle Arm Movement

Slowly raise one or both arms within a comfortable range, then lower them gently. You do not need to raise them very high.



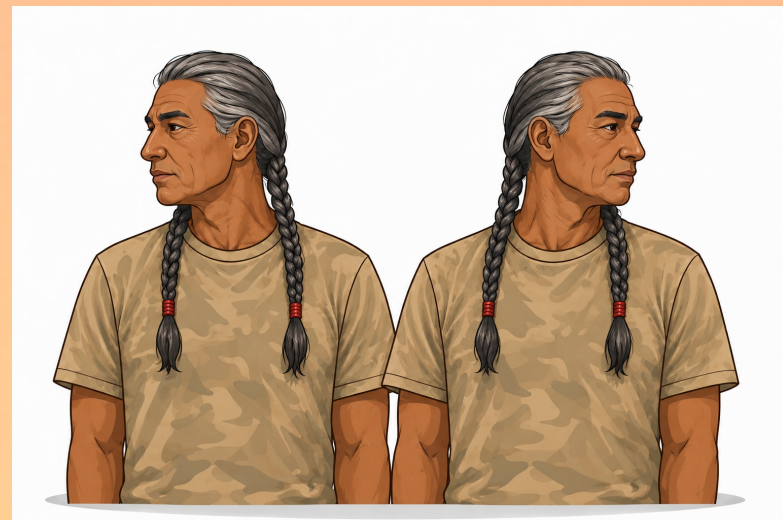
Gentle Surface Push

Place your hands against a wall, table, or other sturdy surface and gently press for a few seconds, then release.



Gentle Leg Movement

While seated or lying down, slowly bend and straighten one leg at a time within a comfortable range.



Slow Head Movement

If comfortable, slowly turn your head a small amount from side to side. Pause between movements and stay within a comfortable range.