

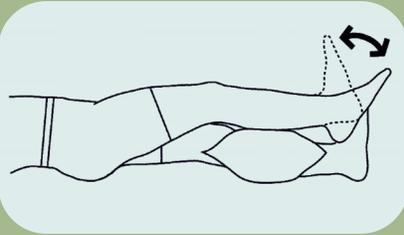
# Staying Active With COVID-19



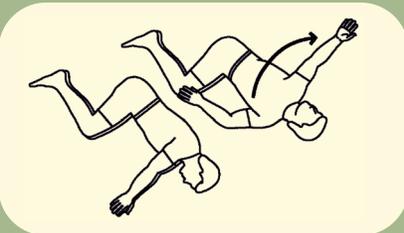
## MOBILITY EXERCISES

It is important to maintain your flexibility to reduce muscle tightness when sitting/lying down for prolonged periods of time.

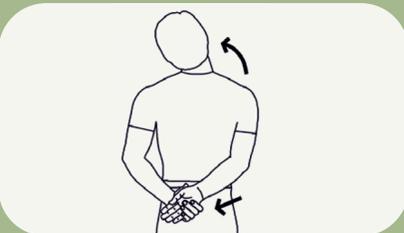
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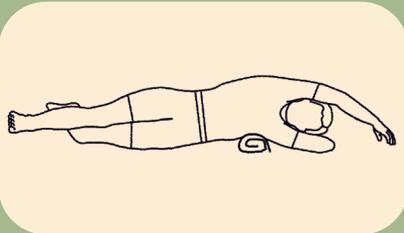
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### 1. ANKLE PUMPS

- Lie on your back with a pillow under your calf
- Move your foot up and down like you are pumping a gas pedal

*Complete 1 set of 20 each hour on each side*

### 2. TRUNK ROTATION

- Lie on your side with your hips and knees bent to 90 degrees
- Place your arms out in front with your palms together
- Slowly lift the top arm up and lower to the opposite side
- You should feel a stretch in your back and the front of your chest
- Hold for 5 seconds then repeat

*Complete 1 set of 4, 3 times per day on each side*

### 3. UPPER TRAPEZIUS STRETCH

- Place right arm behind your back
- Grasp with left hand as shown
- Bend your neck towards your left shoulder
- Hold for 30 seconds then repeat on other side

*Complete 3 sets of 30 seconds on each side*

### 4. QUADRATUS STRETCH

- Lie on one side
- Place a rolled up pillow or small towel under your bottom side
- Reach overhead with your top arm
- You should feel a stretch on your upper side
- Hold for 30 seconds then repeat on other side

*Complete 3 sets of 30 seconds on each side*

### 5. PIRIFORMIS STRETCH

- Lie on your back with your right knee bent and your right ankle across your left leg
- Grasp your right knee and pull your thigh inward
- You should feel a stretch in your buttocks
- Hold for 30 seconds then repeat on other side

*Complete 3 sets of 30 seconds on each side*

Please contact your medical provider if these exercises worsen or prolong your symptoms & before beginning more rigorous exercise.

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