

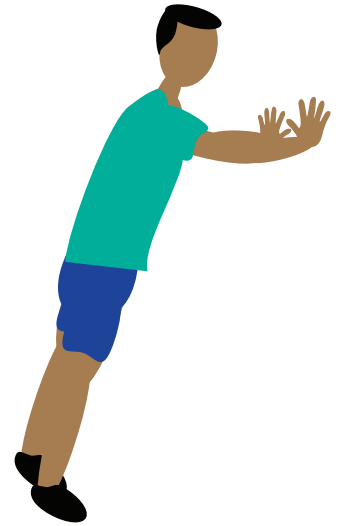
# Prehab exercise



1. March in place for 30 seconds



2. Slow step back jacks for 30 seconds



3. Wall push ups for 30 seconds, slow and steady



4. Get up and go without hands, walk 10 feet and back x 5



5. Seated slow deep breathing x 5

- May repeat up to 5 times in a row
- Stop if lightheaded, chest pain, dizzy or irregular heart beat
- May add to this regimen as you want

- Try and walk 20 minutes a day
- Remember good nutrition and rest