



PATIENT & CAREGIVER EDUCATION

Beginner Bed Exercises

This video shows how to do beginner bed exercises that will increase your strength and help you move more freely.



Please visit www.mskcc.org/cancer-care/patient-education/video/beginner-bed-exercises-01 to watch this video.

For written instructions for this video, visit *Beginner Bed Exercises* (www.mskcc.org/cancer-care/patient-education/beginner-bed-exercises).

If you have any questions, contact a member of your care team directly. If you're a patient at MSK and you need to reach a provider after 5 p.m., during the weekend, or on a holiday, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.

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