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## PATIENT & CAREGIVER EDUCATION

# Chair Exercises

This video shows how to do chair exercises that will increase your strength and help you move more easily.

Please visit  
 [www.mskcc.org/pe/chair\\_exercises\\_video](http://www.mskcc.org/pe/chair_exercises_video) to  
watch this video.

For written instructions for this video, visit *Chair Exercises* ([www.mskcc.org/pe/chair\\_exercises](http://www.mskcc.org/pe/chair_exercises)).

If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit [www.mskcc.org/pe](http://www.mskcc.org/pe) to search our virtual library.

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