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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](http://www.mskcc.org/cancer-care/patient-education/video/beginner-bed-exercises-01) to watch this video.

If you have any questions, contact a member of your healthcare team directly. If you're a patient at MSK and you need to reach a provider after 5:00 PM, during the weekend, or on a holiday, 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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