Memorial Sloan Kettering Cancer Center

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/pe/beginner-bed-exercises-video to watch this video.

For written instructions for this video, visit *Beginner Bed Exercises* (www.mskcc.org/pe/beginner-bed-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 to search our virtual library.

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