



PATIENT & CAREGIVER EDUCATION

Intermediate Bed Exercises

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



Please visit

www.mskcc.org/pe/intermediate_bed_exercises
to watch this video.

For written instructions for this video, visit *Intermediate Bed Exercises* (www.mskcc.org/cancer-care/patient-education/intermediate-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.

Intermediate Bed Exercises - Last updated on March 1, 2022
All rights owned and reserved by Memorial Sloan Kettering
Cancer Center