

Exercise Safety Tips

Safety First: STOP the Exercise & Check With Your Doctor:

Check with your doctor or a member of your Health Care Team if you experience any of the following:

- Any new symptom not yet discussed
- Dizziness or shortness of breath
- Chest pain or pressure
- The feeling that your heart is skipping, racing or fluttering
- Foot or ankle sores that won't heal
- Joint swelling
- If you develop a hernia
- If you have any type of eye surgery or laser treatment

Never exercise when you are ill or if you have a fever!

Prevent Injury:

- Perform the exercises exactly as instructed.
- Do not hold your breath while exercising.
- Unless instructed otherwise by your doctor or therapist, drink water before, during and after exercise.
- Wait at least 2 hours after eating a large meal before exercising.
- Wear appropriate shoes and comfortable clothing that allow you to move freely, but won't catch on other objects.

Other Instructions:
