Appendix II: Exercising steps before getting out of bed

1. Rehabilitation exercises: alternate all exercises left and right, train three groups per day.

   (1) Upper limb flexion for hands clenched fist relaxation exercises 20-30 times / group.
   (2) Upper limb elevation, elbow flexion and extension, fist clenching and upper limb flattening exercises 5-10 times / group.
   (3) Lower limb flexion, single foot stirrups and lower limb flattening exercises 5-10 times / group.
   (4) Lower limb elevation, knee bending and lower limb flattening exercises 5-10 times / group.

2. Ankle pump exercises: extension and flexion around the ring for 1 group, eight groups per hour, eight times a day.

   (1) Dorsal foot extension and flexion action: the patient lies or sits on the bed, the lower limb is extended, the thigh is relaxed, slowly hooks the toe and tries his best to make the toe face himself, keep it for 10-20 seconds at the maximum.
   (2) Ankle loop: The patient lies or sits on the bed with the lower limbs extended and the thighs relaxed, making a 360-degree loop with the ankle joint as the center, practicing clockwise and counterclockwise for 10 seconds each.

3. The three "30 seconds" principle:

   (1) Lie in bed and spend thirty seconds moving your hands and feet.
   (2) Get up slowly, sit for 30 seconds and move your hands and feet.
   (3) Get out of bed and stand up for thirty seconds and start walking.