

# ECMO Exercises

## Extracorporeal Membrane Oxygenation



The following exercises are for patients on ECMO (extracorporeal membrane oxygenation). Some of these are done with the bed tilted up at a \_\_\_ degree angle and some with the bed lying flat.

- A caregiver can assist to help get the full range of motion during the exercises.
- Do these \_\_\_\_\_ times each, \_\_\_\_\_ times each day.

### Tilting exercises

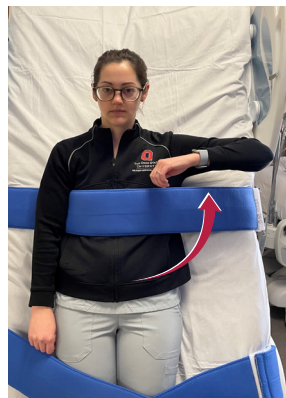
#### Forward Arm Raise

Keeping your arm as straight as possible, raise 1 arm in front of you up as high as you can.



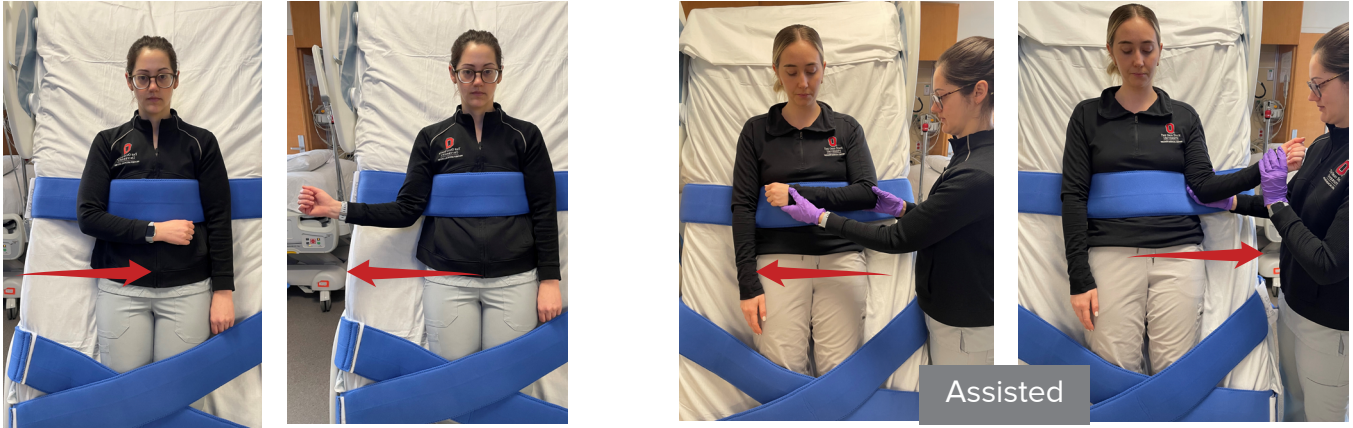
#### Side Elbow Raise

Bend your arm up at a 90 degree angle. Raise your bent elbow up from the side of your body and then back down.



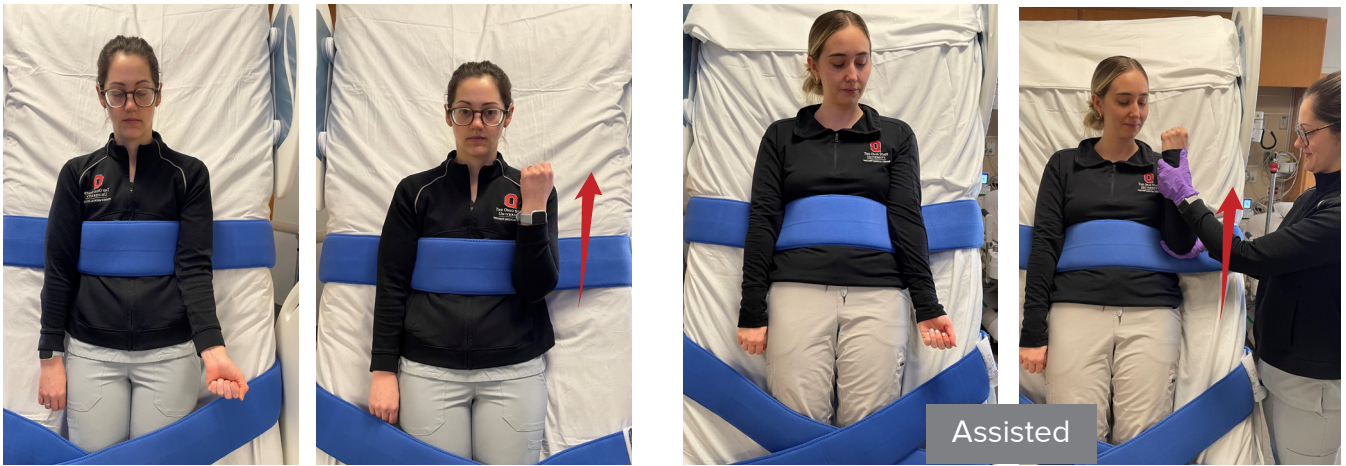
### Open/Close Door

Keeping your elbow bent and tucked at your side, move your fist away from your body (like opening a door), then move your fist toward your stomach (like closing a door).



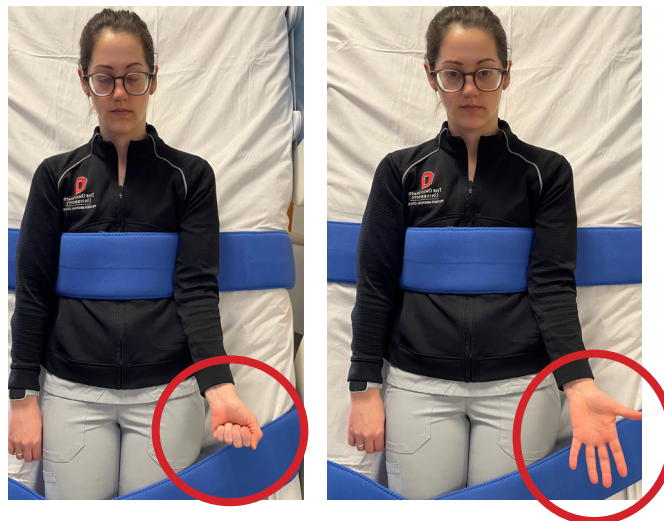
### Bend/Straighten Arm

Start with your arm straight. Bend your elbow to bring your fist toward your shoulder, and then straighten it again.



### Make Fist/Open Palm

Keeping your arm still, make a fist and then open your fingers wide (open palm).

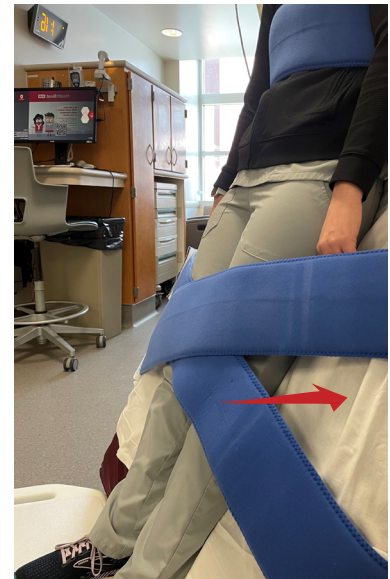


### Mini Squat

Bend at the knees slightly and then straighten your legs, pressing the back of your knees into the bed.

### Other exercises you can do while tilted:

- Wash face
- Suction toothbrush
- Ball tosses using beach ball



### Bed flat exercises

#### Thigh Squeeze

Squeeze your thigh (pushing the back of knee into the bed). Hold it for 3 seconds, relax and repeat.



#### Ankle Pump

Move your ankles up and down (point your toes down and then pull your toes up toward your head).



## Leg Lift

Keeping your leg straight by squeezing your thigh, lift your leg off the bed (about 2 inches).



## Side Leg Kick

Keeping your leg straight by squeezing your thigh, kick your leg out to the side and then bring it back to starting position.

Try to keep your toes pointing up at the ceiling throughout the motion.



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**This handout is for informational purposes only. Talk with your doctor or health care team if you have any questions about your care.**

For more health information, go to [wexnermedical.osu.edu/patiented](http://wexnermedical.osu.edu/patiented) or contact the Library for Health Information at 614-293-3707 or [health-info@osu.edu](mailto:health-info@osu.edu).