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## EDUCACIÓN PARA PACIENTES Y CUIDADORES

# Ejercicios para hacer en la silla



Por favor, visite [www.mskcc.org/es/cancer-care/patient-education/video/chair-exercises-01](http://www.mskcc.org/es/cancer-care/patient-education/video/chair-exercises-01) para ver este video.

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.

Para obtener más recursos, visite [www.mskcc.org/pe](http://www.mskcc.org/pe) y busque en nuestra biblioteca virtual.

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Chair Exercises - Last updated on March 1, 2022

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