

Patient information factsheet

Bed exercises

It's important to do regular exercises while in bed to maintain the strength in your arm and leg muscles. Your physiotherapist will advise you on which of these exercises you need to do and how regularly.

- 1) Lying on your back, point and flex your toes.

Repeat _____ times.



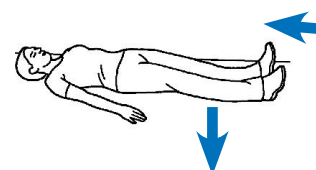
- 2) Lying on your back, squeeze your buttocks firmly together.

Hold for ten seconds. Repeat _____ times.



- 3) Lying on your back, pull your toes towards you and brace your knees down firmly against the bed. Hold for ten seconds.

Repeat _____ times.



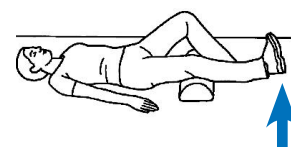
- 4) Bend and straighten your leg, sliding your heel towards your bottom.

Repeat _____ times.



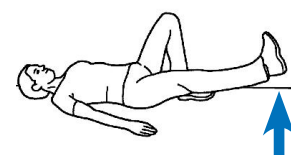
- 5) Lying on your back, place a rolled up blanket underneath your knee. Push your knee down into the blanket and lift your heel off the bed.

Hold for ten seconds. Repeat _____ times.



- 6) Lie on your back and pull your toes towards you. Tighten the muscles on the front of your thigh to straighten your knee and then lift the leg off the bed by approximately 20cm.

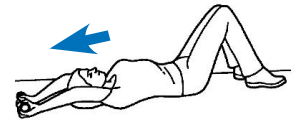
Repeat _____ times.



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- 7) Lie on your back or sit in bed. Hold your hands together and raise your arms, aiming to get them above your head.

Repeat _____ times.



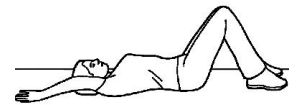
- 8) Lie on your back or sit in bed. Keeping your elbow by your side, bend your elbow, aiming to touch your shoulder with your hand.

Repeat _____ times.



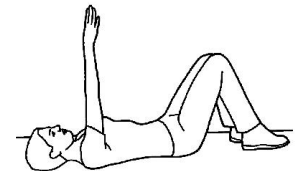
- 9) Lie on your back or sit in bed. Reach your arm straight up above your head.

Repeat _____ times.



- 10) Lie on your back or sit in bed. Reach your arm straight out in front of you.

Repeat _____ times.



- 11) Lie on your back or sit in bed. Reach your arm straight out to the side. Keeping your arm straight, lift it up above your head in an arc movement.

Repeat _____ times.



- 12) Lie on your back or sit in bed. Place your hand behind your head keeping your elbow out to the side.

Hold for _____ seconds. Repeat _____ times.



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