

Active 10 - bed exercises

It is important to stay active during your hospital stay to prevent your muscles from becoming weaker and your joints stiffer. Below are some exercises you can complete to help keep you active for 10 minutes a day. Please only complete those that you are comfortable with, if they cause pain or make any of your symptoms worse, please stop and let a member of staff know.

Please seek guidance from therapists if you have a broken bone, have had stroke, have had surgery or are having treatment for a heart problem before doing any of these exercises as they may not be suitable for you.

In Bed	Instruction
	Push your knee into the bed so your thigh muscle tightens. Hold for 3 seconds. Relax. Repeat up to 10 times on each leg
	Slide your heel towards your bottom so that your knee bends. Hold for 3 seconds . Relax. Repeat up to 10 times on each leg.
	Point your toes towards the end of the bed. Hold for 3 seconds. Relax. Repeat up to 20 times with each ankle.
	Point your toes towards the ceiling. Hold for 3 seconds. Relax. Repeat up to 20 times with each ankle.
	Squeeze your buttock muscles together. Hold for 5 seconds. Relax. Repeat up to 10 times.
	Bend your elbow so that your hand touches your shoulder. Slowly relax. Repeat up to 10 times with each arm.
	Lift your arm up straight towards the ceiling as high as is comfortable. Slowly relax. Repeat up to 10 times with each arm

Active 10 - chair exercises

It is important to stay active during your hospital stay to prevent your muscles from becoming weaker and your joints stiffer. Below are some exercises you can complete to help keep you active for 10 minutes a day. Please only complete those that you are comfortable with, if they cause pain or make any of your symptoms worse, please stop and let a member of staff know.

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Seated	Instruction
	Lift your heel of the ground and straighten your leg. Hold 3 seconds. Relax. Repeat up to 10 times on each leg.
	Lift your knee towards your chest. Hold for 3 seconds. Relax. Repeat up to 10 times on each leg.
	Keeping your toes on the floor, lift your heels off the ground. Hold for 3 seconds. Relax. Repeat up to 20 times.
	Keeping your heels on the ground lift your toes off the floor. Hold for 3 seconds. Relax. Repeat up to 20 times.
	Squeeze your buttock muscles together. Hold for 5 seconds. Relax. Repeat up to 10 times.
	Bend your elbow so that your hand touches your shoulder. Slowly relax. Repeat up to 10 times with each arm.
	Lift your arm up straight in front of you as high as is comfortable. Slowly relax. Repeat up to 10 times with each arm.