

# Bed exercises

Physiotherapy department

Patient information

# Bed exercises

## 1. Knee bend

Start by lying with your legs straight. Slowly slide your heel towards your bottom to bend your knee as far as you comfortably can. Then slowly straighten your knee returning to the start position. Repeat with your other leg.



Repetitions:

Frequency:

## 2. Thigh contractions

Start by lying with your legs straight. Pull your toes up towards the ceiling, tense your thigh muscle and press the back of your knee down into the bed. Hold for 5 seconds, then relax.

Repeat with your other leg.



Repetitions:

Frequency:

## 3. Taking your leg out to the side

Start by lying with your legs straight. Slowly slide your leg sideways on the bed, keeping your knee facing up towards the ceiling and then bring back to the center. Repeat with your other leg.



Repetitions:

Frequency:

#### 4. Straight leg raise

Pull your toes up towards the ceiling, keep your leg straight and try to lift it a few inches off the bed. Hold for 5 seconds then slowly lower back down to the bed. Repeat with your other leg.



Repetitions:

Frequency:

#### 5. Buttock squeeze

Lying on your back, squeeze and tighten your buttock muscles. Hold for 5 seconds, relax and then repeat.



Repetitions:

Frequency:

#### 6. Ankle movement

Move your toes away from you and then back towards you, only moving your ankle. Repeat with your other foot.



Repetitions:

Frequency:

## 7. Bridging

Lying on your back with your knees bent. Squeeze your buttock muscles together and lift your hips off the bed. Hold the position for 5 seconds then slowly return to the starting position.



Repetitions: \_\_\_\_\_ Frequency: \_\_\_\_\_

## 8. Deep breathing exercises

Place your hand on your lower rib cage. Take a deep breath and hold for 3 seconds. You should feel the sides of your rib cage expand as you breathe in. Breathe out slowly. Repeat 3 times.



Repetitions: \_\_\_\_\_ Frequency: \_\_\_\_\_

### Be aware

that if you are spending long periods in bed during the day it is important to perform deep breathing exercises regularly. This improves oxygen supply to the lungs and reduces the risk of complications such as chest infections.

This leaflet is intended for patients receiving care in Worthing

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The information in this leaflet is for guidance purposes only and is in no way intended to replace professional clinical advice by a qualified practitioner.