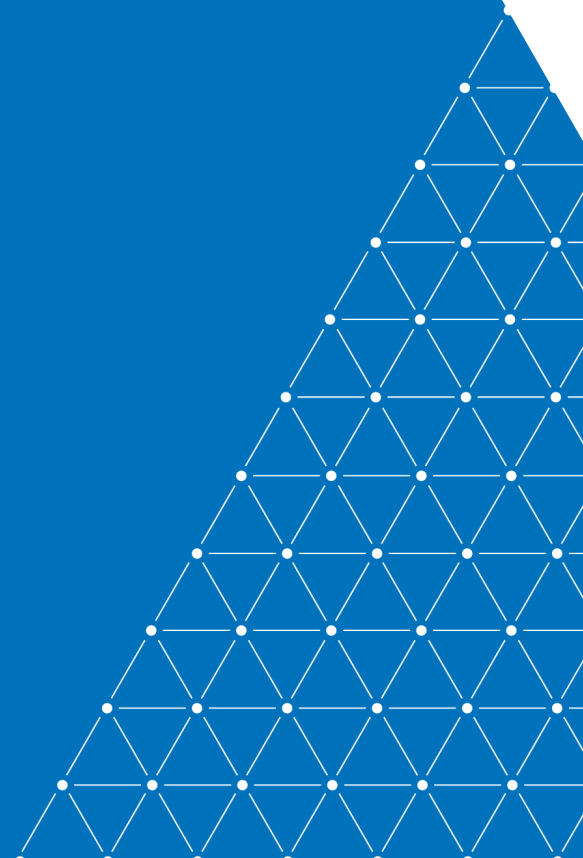


Bed exercises (general)

Physiotherapy

Patient information

A decorative geometric pattern in the bottom right corner, consisting of a grid of white dots connected by thin white lines to form a series of triangles.

What is this information about?

This information is to guide you on how to do exercises to help increase and maintain your movement and strength.

Why have I been given this information?

Your physiotherapist has provided you these exercises to help your symptoms and prevent deconditioning. If you have any questions, you can ask the physiotherapist on your ward for advice.

1. Buttock squeezes

1. Start by lying in bed with your legs straight.
2. Lying in bed, squeeze your bottom muscles together.
3. Hold for 5 seconds then relax.



Buttock squeezing exercises

2. Straight leg raises

1. Start by lying in bed with your legs straight.
2. Lift one leg up off the bed keeping it straight.
3. Hold for 5 seconds and then slowly lower your leg back down to the bed.
4. Repeat with your other leg.



Straight leg raises – lying in the bed with your legs straight



Straight leg raises – lifting one leg up

3. Knee raise

1. Start by lying in bed with your legs straight.
2. Bend one leg so that your heel moves up the bed towards your bottom.
3. Then slowly straighten your leg back down.
4. Repeat this sequence with your other leg.



Raising knee exercises

4. Bridging

1. Lying in bed with your knees bent and your arms to your side.
2. Squeeze your bottom muscles and lift your hips up from the bed.
3. Hold for 5 seconds and then slowly lower down to the bed.



Bridging exercise

5. Pointing your toes

1. Lying in bed with your legs straight. Only move your ankle.
2. Point your toes away from you and then back towards you.
3. Repeat with your other foot.



Pointing your toes

6. Move your leg to the side

1. Lying in bed with your legs straight.
2. Lift one leg out to the side as far as comfortable. Then return slowly back to the middle.
3. Repeat with your other leg.



Moving your leg to the side

7. Pushing your knee down

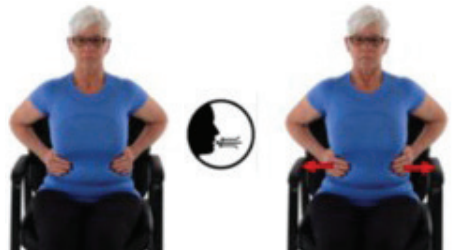
1. Lying in bed with your legs straight.
2. Press the back of your knee down into the bed using your thigh muscles.
3. Hold for 5 seconds. Repeat with your other leg.



Pushing your knee down exercise

8. Deep breathing

1. Sitting up in bed, place your hands over your lower rib cage.
2. Take a big, deep, breath and hold it in for 3 seconds.
3. You should feel your rib cage expand as you breathe in.
4. Breathe out slowly.
5. Keep your shoulders relaxed throughout.



Taking a deep breath

Who can I ask if I need any further information about doing these exercises?

Please ask a member of the ward therapy team.

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.