Patient Information

Physiotherapy

Bed Exercises

It is important to practise bed exercises regularly if:

- you are not able to get out of bed
- your mobility is limited
- after an operation

These exercises will keep the strength in important muscles needed for standing and walking and will help to maintain the range of movement in your joints.

Static quadriceps

Put your legs out straight in front of you. Pull your foot up towards you and push your knee down into the bed. **Hold for 5 seconds and repeat.** Remember to exercise both legs.

Repetitions….
Sets…..

Static glutes

Keep your legs out in front of you. Contract your bottom muscles making sure you don't tense your leg or stomach muscles. **Hold for 5-10 seconds and repeat**.

Repetitions….
Sets…..

Straight leg raise

Bend one knee up so your foot is on the bed. Straighten your other leg and lift off the bed a few inches. **Hold for 3 seconds** and slowly relax the leg back down. Repeat.

Repetitions….
Sets…..

Hip abduction and adduction

Put your legs out straight in front of you. Slide your leg out to the side and back to the middle. Repeat.

Repetitions….
Sets…..

Inner range quads

Put a rolled up towel under your knee. Tighten your thigh muscles and lift your heel up from the bed until your knee is straight. **Hold for 5 seconds** then slowly lower back down to the bed. Repeat.

Repetitions….
Sets…..

Hip and knee flexion

Bend your knee up in front of you keeping it in midline to your body. Bend it up as much as you can. Then slowly lower back down to the bed. Repeat.

Repetitions….
Sets…..

Ankle dorsiflexion and plantarflexion

Pull your foot up towards you as much as you can then point your foot away from you. Repeat on both legs.

Reps….
Sets…..

Bridging

Bend your knees up so your feet are flat on the bed. Using your bottom and leg muscles, raise your buttocks up off the bed, pushing equally through both legs. Keep your pelvis level and **hold for 5 seconds**. Slowly lower back to the bed and repeat.

Repetitions….
Sets…..

Bent knee fall outs

With your knees bent up on the bed, slowly lower one knee out to the side and bring it back to the middle. Make sure your other knee stays in the middle when lowering the opposite leg out to the side.

Repetitions….
Sets…..

Transversus abdominis

With your knees bent up draw in your belly button. Try to contract your deep abdominal muscles. Keep breathing! Make sure you don't hold your breath or tense your arms or legs. **Hold for 5 seconds** to begin with and try to extend the time.

Repetitions….
Sets…..