

5. Bridging.

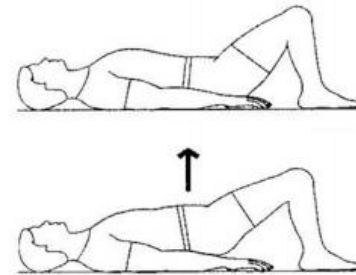
Lie on your back with your knees bent and your feet flat on the bed.

Squeeze your bottom muscles together and lift your bottom.

Hold for a count of 5 then relax.

Slowly lower back to the bed.

Repeat.....times
.....times per day/every
hour



6. Straight leg raise.

With your legs out in front of you. Squeeze your knee straight and lift your foot off the bed by about 20cm.

Hold for a count of 5 and then slowly lower.

Keep your knee straight throughout.

Repeat.....times
.....times per
day/every hour

Complete on Left/Right/Both legs



Bed Exercises



Children's Physiotherapy Department Poole NHS Foundation Trust

For further information and advice please visit our Website
www.poole.nhs.uk/physio and find 'childrens physiotherapy'
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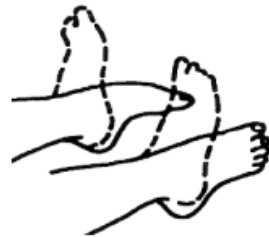
- When spending a period of time in bed your muscles can start to weaken and joints start to stiffen. It is important that during this time you are doing some gentle exercises to maintain good movement and strength. This will help and make it easier for you when you get out of bed.
- Your physiotherapist will go through the following sheets and teach you the exercises, they will write how many you should do and how often you need to do them.

1. **Ankle pumps.**

Point your toes then pull them back up towards you.

Repeattimes
.....times per day/every hour

Complete on Left/Right/Both legs



2. **Ankle circles.**

With your toes make circles in one direction 10 times then repeat in the opposite direction 10 times.

Repeat.....times
.....times per day

Complete on Left/Right/Both legs



2. **Knee bends.**

Bend your knee as much as possible by bringing your foot towards your bottom.

Slowly straighten so it is resting back on the bed.

Repeat.....times
.....times per day/every hour

Complete on Left/Right/Both legs



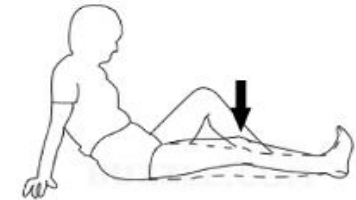
3. **Static quads.**

With your legs out straight in front of you, push the back of your knee down into the bed and tighten the muscle on the front of the thigh.

Hold for a count of 5 then relax.

Repeat.....times
.....times per day/every hour

Complete on Left/Right/Both legs



4. **Static glutes.**

Laying in bed with your legs out straight squeeze your bottom muscles together.

Hold for 5 seconds then relax.

Repeat.....times
.....times per day/every hour

