

# **Bed Exercises**

## **Information and exercises for patients**

Author: Orthopaedic Therapy Team

Date: July 2014

Review date: July 2016

Version number: 3

## Therapy Services Patient Information

---

### Exercises

We recommend that you perform the following 2 to 3 times a day.

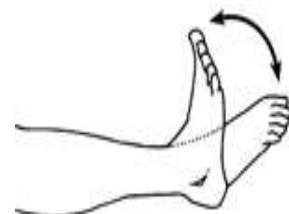
#### 1. To keep your chest clear:

Take a deep breath in and hold for 3 seconds before exhaling. Repeat 3 times followed by a cough/huff. If able raise arms as you breathe in and lower as you breathe out.

#### 2. Ankle dorsiflexion/plantarflexion

Move your ankles and toes up and down as much as possible.

Repeat x .....



#### 3. Static quads

Brace your knee back tightening your thigh muscles. Hold for 5 seconds then relax.

Repeat x .....



#### 4. Inner Range Quads

With your knee bent over a rolled towel, raise your foot until your knee is straight. Hold for 5 seconds and then slowly lower.

Repeat x.....



#### 5. Knee Flexion/Extension

Lying on your back, slowly bend and straighten your leg.

Repeat x.....



“Copyright PhysioTools Ltd. All rights reserved. Used with permission of PhysioTools Ltd.”

## Therapy Services Patient Information

---

### 6. Bridging

Lying on your back with your knees bent and feet hip width apart, lift your bottom off the bed. Hold for 5 seconds keeping your pelvis level and then slowly lower.

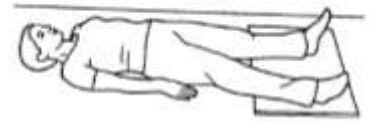
Repeat x.....



### 7. Abduction

Lying on your back, bring your leg out to the side, then back to the middle.

Repeat x.....



### 8. Straight leg raise

Raise your leg up off the bed keeping your knee straight. Hold for 5 seconds then slowly lower.

Repeat x.....



“Copyright PhysioTools Ltd. All rights reserved. Used with permission of PhysioTools Ltd.”

## Therapy Services

# Patient Information

---

### Contact details

**If you require further advice please feel free to contact us:**

Therapy Team: 01202 448179

For further general health-related information, please ask the relevant department for an Information Prescription or contact:

#### **The Health Information Centre**

Poole Hospital NHS Foundation Trust  
Longfleet Road  
Poole  
Dorset  
BH15 2JB  
Telephone: 01202 448003

[www.poole.nhs.uk](http://www.poole.nhs.uk)

**We can supply this information in other formats, in larger print, on audiotape, or have it translated for you. Please call the Patient Advice and Liaison Service (PALS) on 01202 448499, text 07758 272495 or email [pals@poole.nhs.uk](mailto:pals@poole.nhs.uk) for further advice.**