

Bed Exercises



Ankle Pumps

Lie on your back with your legs straight.
Briskly bend and straighten your ankles.

Repeat times.



Bend and straighten one leg by sliding the leg on the bed.

Reps Sets



Lift your leg off the bed and hold. Keep the knee straight.
Do not let your lower back arch during the lift.

Reps Sets Secs



Bring one leg out to the side and then back.

Reps Sets



Lie on your back with legs straight.

Tighten the muscles of your front thigh, bend your ankles and push your knees down firmly against the bed and hold.

Reps Sets Secs



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

Lift your pelvis and lower back (gradually vertebra by vertebra) off the bed.

Hold the position. Lower down slowly returning to starting position.

Sets Reps Secs