



## Bed exercises

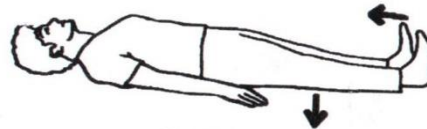
It is important to exercise daily whilst you are less mobile to prevent stiffness and weakness of your joints and muscles.

**All exercises to be completed lying on your back and completed both sides**

With your legs straight, push the back of your knee into the bed. Pull your foot up towards you.

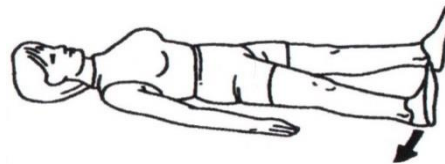
Hold for the slow count of \_\_\_\_

Repeat \_\_\_\_\_ times.



Slide your leg out to the side then return to the middle. Keep your toes pointed up and your knees straight.

Repeat \_\_\_\_\_ times.



Keeping your legs straight, pull your toes up towards you.

Hold for a slow count of \_\_\_\_

Push your toes away from you.

Hold for a slow count of \_\_\_\_

Repeat \_\_\_\_\_ times.



Starting with your legs straight, slide one heel up the bed towards your bottom. Slide your heel back down the bed until your leg is straight.

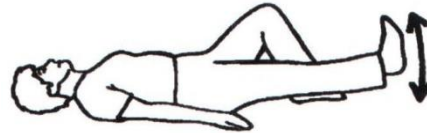
Repeat \_\_\_\_\_ times.





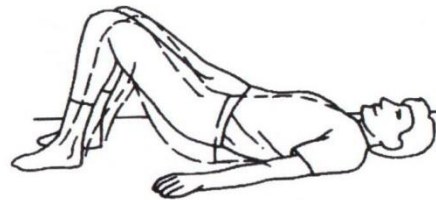
## Bed exercises

Keeping one leg bent and the other leg straight, push the back of your knee into the bed, pull your foot up towards you. Lift your leg about six inches off the bed keeping your knee straight. Hold for a slow count of \_\_\_\_\_. Lower slowly.



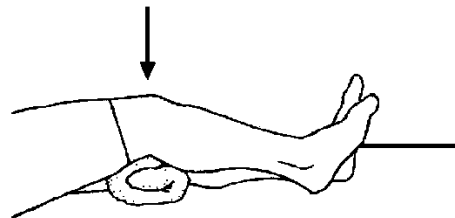
Repeat \_\_\_\_\_ times.

Keeping both knees bent and your feet flat on the bed, lift your bottom off the bed. Hold for a slow count of \_\_\_\_\_. Lower slowly.



Repeat \_\_\_\_\_ times.

Use a rolled up bath towel under your knees. Keeping both knees on the towel for support, raise one heel off the bed and straighten the knee. Pull your foot up. Hold for a slow count of \_\_\_\_\_.



Repeat \_\_\_\_\_ times.

For further information please discuss with your Physiotherapist or call the office on 01793 605126 – this has an answerphone service.

Smoking will not be permitted on any NHS site in England. Smoking will not be permitted within any of our buildings or anywhere outside on our sites. Smoking facilities will not be provided. Please be considerate of others when vaping in hospital grounds.

**This information sheet is available to order in other languages and formats. If you would like a copy, please contact us on 01793 604031 or email [gwh.pals@nhs.net](mailto:gwh.pals@nhs.net)**

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