

Bed Exercises

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St Helens Reablement Team

Name:	
DOB:	
Therapist:	
Date compiled:	

Bed exercises

Goal:	

The following exercises are good for strengthening and flexibility, which will in turn help with functional tasks, such as walking, standing and using the stairs. Strengthening these muscles can also help to improve your balance.

Exercise	Picture	
Ankle movements		
1. Slowly move the ankle so the toes are pointing down away from you and then move the ankle so the toes are pointing towards you. Return to starting position		
2. Circle the ankle in a clockwise direction then an		
anti-clockwise direction		
Repetitions:		
Thigh strengthening		
1. Tighten your thigh muscle by bracing your knee back.		
2. Hold for 5 seconds then relax		
3. Do the same with your other leg		
Repetitions:		

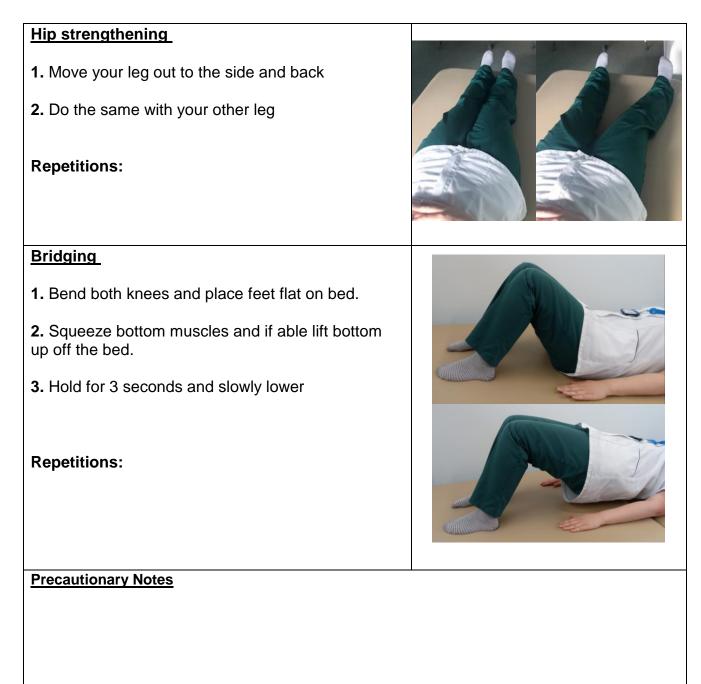


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Thigh strengthening	
1. Place a rolled up towel under your knee	
2. Straighten knee out over cushion, hold for 5 seconds then slowly lower	
3. Do the same with your other leg	
Repetitions:	
Straight leg raise	
 Tighten your thigh muscle Keep the knee straight and lift your leg up off bed approximately 6" then slowly lower (straight leg raise) Do the same with your other leg Repetitions: 	
Hip and knee bend	
1. Bend your hip and knee up as far as able/ comfortable	
2. Slowly lower again	
3. Do the same with your other leg	
Repetitions:	A Berger



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