

Bed Exercises

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St Helens Reablement Team

Name:	
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Date compiled:	

Bed exercises

Goal:	
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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
<p><u>Ankle movements</u></p> <ol style="list-style-type: none"> 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 <p>Repetitions:</p>	
<p><u>Thigh strengthening</u></p> <ol style="list-style-type: none"> 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 <p>Repetitions:</p>	



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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

1. Tighten your thigh muscle
2. Keep the knee straight and lift your leg up off bed approximately 6" then slowly lower (straight leg raise)
3. 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:





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Hip strengthening

1. Move your leg out to the side and back
2. Do the same with your other leg

Repetitions:



Bridging

1. Bend both knees and place feet flat on bed.
2. Squeeze bottom muscles and if able lift bottom up off the bed.
3. Hold for 3 seconds and slowly lower

Repetitions:



Precautionary Notes

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