

Bed Based Exercises

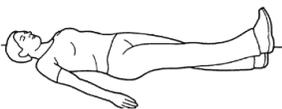
Ankle pumps – bend and straighten your ankles briskly. If you keep your knees straight during the exercise you will stretch your calf muscles.



Heel slides – lying on your back. Bend and straighten your leg.

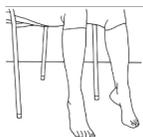


Leg raise – lying on your back. Tighten your thigh muscle and straighten your knee. Lift your leg off the bed and hold for a couple of seconds if you can.



Chair Based Exercises

Heel rocking – alternatively lift your heels then toes up.



Seated march – whilst sat, slowly march on the spot, lifting your knees as high as you can.



Foot raises - Sit on a chair. Pull your toes up, tighten your thigh muscle and straighten your knee. Hold a few seconds and slowly relax your leg.



Repeat all above exercises for 1 minute every 1-2 hours.

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Chest Physiotherapy

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Na żądanie ta ulotka może zostać udostępniona
w innych językach/formatach.

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Engaging with Physiotherapy

It is important you complete any breathing or movement exercises as advised by your therapist to enhance recovery.

How can Physiotherapy help?

- Provide advice and education about your illness
- Help you to manage shortness of breath
- Help you maintain good lung volumes and clear phlegm
- Set exercises to prevent deconditioning
- Help you to keep mobile and independent

Whilst completing the exercises in hospital, should they become increasingly harder or you start to feel worse regards symptoms, please **stop**. Then contact your nurse who can then advise or contact a Therapist, who may review you as required.

Breathing Control

Breathing Exercises

Active Cycle of Breathing Technique is used to help gain control of breathlessness and clear any phlegm as able.

Complete 1 to 2 cycles per hour.



Resting Positions

There are positions that are helpful to reduce breathlessness or work of breathing:

Sitting in the chair – whilst sat in the chair you can take deeper breaths. If possible, try to sit out for every meal, this is a really important part of your rehabilitation. If it is not possible to sit in the chair, position yourself to sit upright in the bed.



Supported forward sitting – sitting on a chair, lean forwards onto a table, a pillow can be added for comfort.



Lying prone (on your front) – helps oxygen to reach the bottom part of the lungs, increasing oxygen levels and reducing breathlessness.

