

## 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.

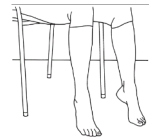


**Leg Raise** – lying on your back. Tighten your thigh muscle and straighten your knee. Lift your leg off the bed and hold for a couple of seconds if you can.



## Chair Based Exercises

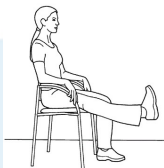
**Heel Rocking** – alternatively lift your heels then toes up.



**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.**

Whiston Hospital  
Warrington Road,  
Prescot, Merseyside, L35 5DR  
Telephone: 0151 426 1600

St Helens Hospital  
Marshall Cross Road,  
St Helens, Merseyside, WA9 3DA  
Telephone: 01744 26633

# Physiotherapy and COVID-19

This leaflet can be made available  
in alternative languages / formats on request.

如有需要，本传单可提供其他语言/版式  
此單張的其他語言/格式版本可按要求提供

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

## Engaging with Physiotherapy

Covid-19 is contagious and therefore staff are advised to limit unnecessary contact. Due to this, Physiotherapists will provide most information via this leaflet and will only return to treat if needed. Any staff members entering your room at this time will be wearing full protective clothing.

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 tell 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.

