

Bed based exercises

If you need this leaflet in a different language or accessible format please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید، لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formacie, proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil, vă rog să discutați cu un membru al personalului să se ocupe de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

Bed based exercises

Complete all exercises whilst lying in bed. Ensure the knee break is removed and the bed is flat whilst completing. You may have the head of the bed raised for comfort.

Heel slides



- With one leg, slide your heel towards your buttocks as far as comfortable then slide away until your leg is flat on the bed.
 - Repeat with other leg.
- Complete 10 times with each leg.

Straight leg raise



- Keeping your knee straight, lift your leg 3 inches off the bed, hold for 5 seconds and lower down.
 - Repeat with other leg.
- Complete 10 times with each leg.

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Sideways leg slide



- Keeping your knee straight, slide one leg out to the side and then back to the middle.
 - Repeat with other leg.
 - Complete 10 times with each leg.

Glute squeeze / lift



- With your knees bent, squeeze your buttocks, and hold for 5 seconds and then release.
- If able, lift your hips towards the ceiling, hold for 5 seconds and lower.
 - Repeat this 10 times.

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