NHS
Royal Berkshire
NHS Foundation Trust

Exercises during bed rest

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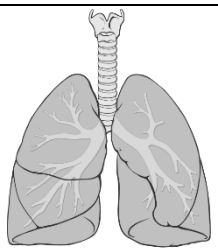
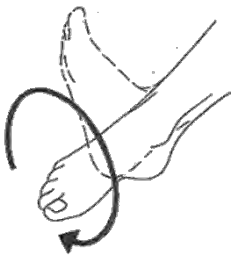
This leaflet gives advice and exercises to do while you are on bed rest. If you have any queries after reading it, please discuss with your physiotherapist or contact the physiotherapy department on 0118 322 7812 Monday to Friday 8am to 4pm.

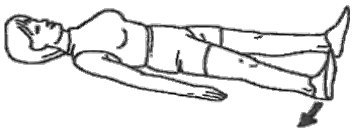
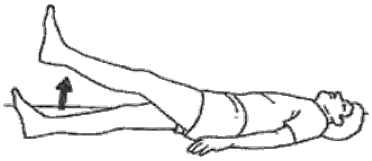
What is bed rest?

Bed rest refers to an extended period when you are lying down for most of the day and night. Bed rest is required to allow your body to recover from, for example, surgery, serious illness, or fractures. During this time it is still important to do some simple exercises to keep your muscles and circulatory system healthy, and get prepared for the time when you can get out of bed.

The physiotherapist will go through the exercises on the following pages and decide the most suitable for your individual situation. These are ticked in the chart on the following pages.

Exercises

Tick = exercises to do	Exercise	Instructions	Diagram
	1. Breathing exercises	• Breathe in deeply through your nose. • Hold for 3 seconds. • Breathe out through your mouth. • Repeat this 3 times. • Do this exercise every hour.	
Left ☐ *Right* ☐	***2. Circulatory exercises***	• Bend your ankle and point your toes away from you – do this 20 times … then …. • Circle your ankles clockwise and anticlockwise – pretend you are drawing circles with your toes. • Repeat so that you complete 20 circles in each direction. • Do this 3 times a day.	 
Left ☐ *Right* ☐	***3. Static quadriceps***	• Lie with your leg straight out in front of you. • Tense your thigh muscles by pushing the knee down into the bed, and pulling your toes towards you. • Hold for 10 seconds. • Relax and repeat 10 times. • Do this 3 times a day.	
Left ☐ *Right* ☐	***4. Static hamstrings***	• Bend your knee so it is about 6 inches above the bed. • Push your heel down into the bed by tightening the muscle at the back of your thigh. • Hold for 10 seconds. • Relax and repeat 10 times. • Do this 3 times a day.	
	5. Static gluts	• Tense your buttock muscles. • Hold for 5 seconds. • Relax and repeat 10 times. • Do this 3 times a day.	

Left ☐ *Right* ☐	***6. Hip flexion***	• Lie with your legs stretched out in front of you. • Slide the heel towards your bottom and allow your hip and knee to bend. • Slide the heel back down. • Relax and repeat 10 times. • Do this 3 times a day.	
Left ☐ *Right* ☐	***7. Hip abduction***	• Lie with your legs stretched out in front of you. • Keep both legs straight and your toes pointed to the ceiling throughout. • Move your leg out to the side as far as possible. • Return to the starting position. • Relax and repeat 10 times. • Do this 3 times a day.	
Left ☐ *Right* ☐	***8. Straight leg raise***	• Tighten your thigh muscles and straighten your knee. • Lift leg 6 inches off bed and hold for 10 seconds. • Repeat 10 times. • Do this 3 times a day.	

Useful numbers and contacts

Physiotherapy Outpatients, Tel: 0118 322 7812
Email: rbft.physiotherapy@nhs.net

Visit the Trust website at www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

Karen Lynch, RBFT Orthopaedic Physiotherapy Department
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