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Bed exercises and stretches

This leaflet takes you through some stretches and exercises to do if you are spending more time in bed than normal, due to being unwell, or if you are unable to get out of bed. It is very important that you keep moving to maintain your muscle strength and to stop your joints from becoming stiff.

Your name: _____

Date started: _____

Physiotherapist's name: _____

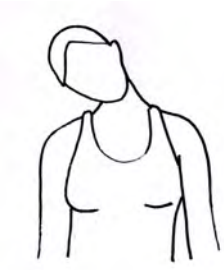
Your **physiotherapist** will tick ✓ the stretches and exercises that are appropriate for you.

Key words:

Repetitions (reps) = the number of times you perform an exercise e.g. 10 times
Sets = how many times you will repeat a particular number of repetitions of a given exercise e.g. 2 sets of 10 reps, which means that you perform the exercise 10 times, have a short rest and then repeat another 10 times.

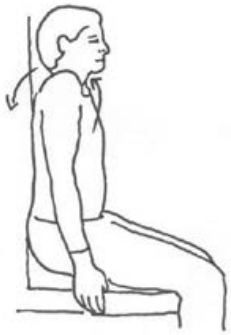
To make a specific exercise harder you can increase the number of reps or increase the number of sets – ask your physiotherapist for their advice on progressing your exercises.

1. Neck stretch ❑



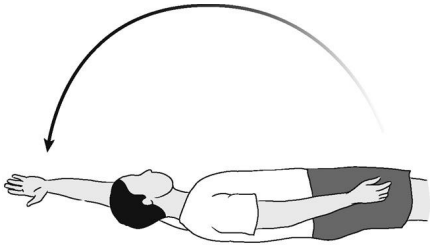
- Lie on your back or sat up in bed.
- **Gently** tilt your neck to the right side, moving your right ear towards your right shoulder. Hold the stretch for 2-3 seconds.
- **Slowly** return your head to your starting position.
- Repeat the exercise **5** times on both sides.

2. Shoulder circling ❑



- Lie on your back or sat up in bed.
- With your arms at your side, **slowly** circle your shoulders up back and down.
- **Slowly** circle your shoulders forward.
- Repeat **5** times in each direction.

3. Shoulder flexion ❑



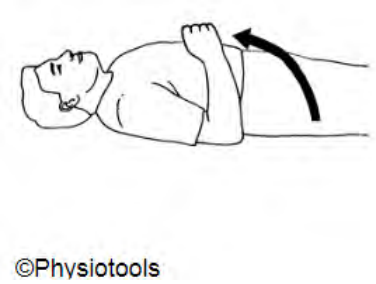
- Lie on your back with your arms by your side.
- Lift your arms above your head.
- Repeat **10** times on each arm.

To make this exercise harder:

Complete ____ set(s) of ____ reps

Use resistance band ❑ Colour: yellow / red / green. Either hold the resistance band in the other hand at hip level or attach the band to the bed rails.

4. Bicep curl ❑

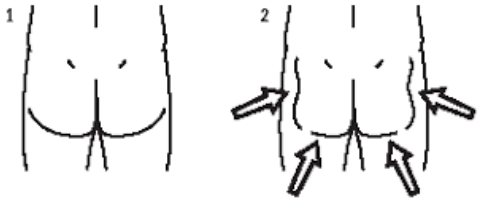


- Lie on your back with your arms by your side.
- Hold onto the resistance band, bend your elbow, then straighten it again.
  Colour: yellow / red / green
- Either hold the resistance band in the other hand at hip level or attach the band to the bed rails.
- Repeat **10** times on each arm.

To make this exercise harder:

Complete ____ set(s) of ____ reps

5. Gluteal squeeze ❑

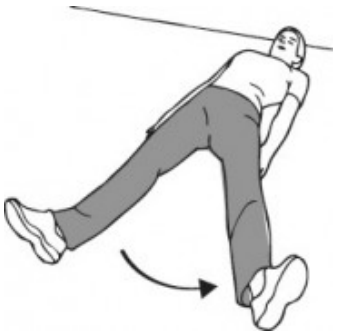


- Lie on your back with your legs straight (this can also be done sitting up or when sat out in the chair)
- Squeeze your buttocks together.
- Hold for a count of 3, then relax.
- Repeat **10** times.

To make this exercise harder:

Complete ____ set(s) of ____ reps

6. Hip abduction ❑



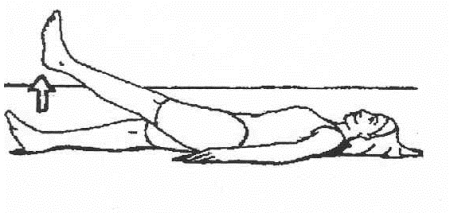
- Lie on your back with your legs straight and close together.
- Bring one leg at a time out towards the side.
- Let your heel guide the movement.
- Return your leg to the starting position.
- Repeat **10** times on each leg.

To make this exercise harder:

Complete ____ set(s) of ____ reps

Use resistance band ❑ Colour: yellow / red / green. Make a loop with the resistance band, either around your knees ❑ (easier) or ankles ❑ (harder).

7. Straight leg raise ❑



- Lie on your back with your legs straight, have your toes pointing upwards towards ceiling.
- Lift your leg off the bed, keeping it straight.
- Hold for a count of **3**.
- Lower the leg back to the starting position in a controlled manner.
- Repeat **10** times on each leg.

To make this exercise harder:

Complete ____ set(s) of ____ reps

Use resistance band ❑ Colour: yellow / red / green. Make a loop with the resistance band and loop the band around your ankles.

8. Knee bends ❑



- Lie on your back with your legs straight.
- Bend your knee by sliding your heel towards your buttocks.
- Return your leg to the starting position.
- Repeat **10** times on each leg.

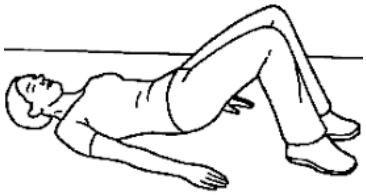
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To make this exercise harder:

Complete ____ set(s) of ____ reps

Use resistance band ❑ Colour: yellow / red / green. Make a loop with the resistance band and loop the band around both feet.

9. Bridging ❑



- Lie on your back with your knees bent and your feet flat on the mattress, keep your legs hip width apart.
- Rest your arms down by your sides.
- Lift your bottom **slowly** up of the bed, bringing your hips up towards the ceiling.
- It should be a **slow and controlled** movement, focus on squeezing your buttocks together.
- Hold for a count of 3.
- **Slowly** lower your bottom back down onto the bed, vertebrae by vertebrae back onto the mattress.
- Repeat **10** times.

To make this exercise harder:

Complete ____ set(s) of ____ reps

Use resistance band ❑ Colour: yellow / red / green. Make a loop with the resistance band and loop the band around your thighs, make sure you keep tension in the band.

Lift one foot off the bed when you repeat the exercise ❑

10. Single knee drop outs ❑

- Lie on your back with your knees bent and your feet flat on the mattress; keep your legs hip width apart.
- Rest your arms down by your sides.
- Slowly lower your right knee out to the side and down towards the mattress. It should be a **slow and controlled** movement.
- Hold for a count of 3.
- **Slowly** bring your knee back up to the centre in line with your other leg.
- Repeat **10** times on both sides.



To make this exercise harder:

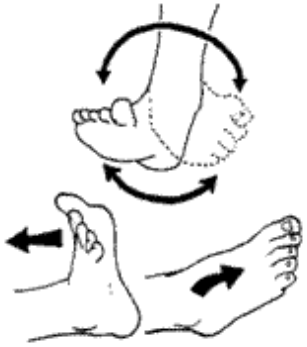
Complete ____ set(s) of ____ reps

Use resistance band ❑ Colour: yellow / red / green

Make a loop with the resistance band and loop the band around your thighs.

11. Ankle pump/circles ❑

- Keep your legs flat on the bed.
- Briskly bend and straighten your ankles as much as possible.
- Make circles with your ankles.
- Repeat **10** times then repeat regularly throughout the day.



If you have and questions or queries about completing these exercises please ask to speak to your physiotherapist.

Useful numbers and contacts

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Orthopaedic Physiotherapy Department

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

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

RBFT Physiotherapy Department
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