

## Stage 1 exercises

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Physiotherapist: \_\_\_\_\_

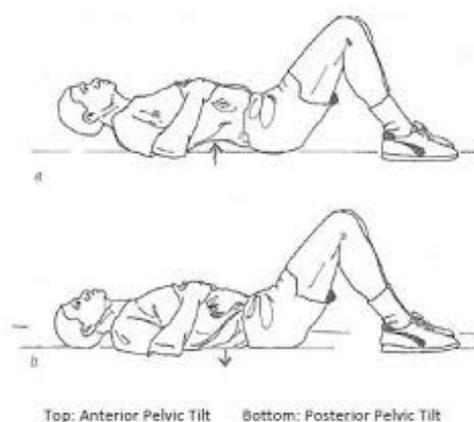
During and after a stay in hospital, it is important that you begin some gentle exercises to prepare your body for daily activities.

Try and aim to do some exercises \_\_\_\_\_ times per day. You do not necessarily have to complete the entire sheet each time. Only complete the exercises that your physiotherapist has taught you- these will be ticked (✓) for you. Please make sure that you are wearing comfortable clothing that is suitable for doing these exercises.

Please speak to your physiotherapist if any of these exercises cause you any pain or discomfort.

### 1. Bed exercise: Pelvic tilts

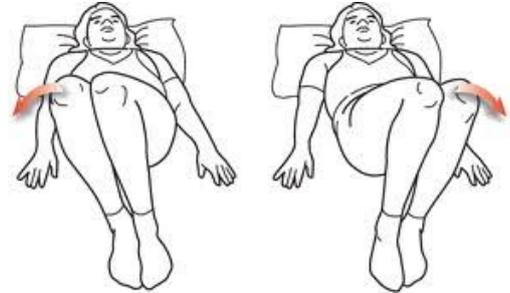
- Lying on your back, bend your knees, keeping your feet on the bed.
- Place your feet and knees approximately hip distance apart.
- Relax your head, neck and shoulders and have your arms relaxed either at your sides or resting on your tummy.
- **Slowly** arch your back to try and make a space between your lower back and the mattress.
- Then suck your belly-button in and **slowly** flatten your back along the mattress.
- Repeat \_\_\_\_\_ times.



*Imagine headlights on your hip bones. Imagine tilting your headlights up and down along the roof as you arch and flatten your back.*

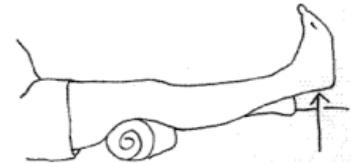
## 2. Bed exercise: Knee rolls

- Lying on your back, bend your knees with your feet on the bed. Have your feet and knees together. Relax your head, neck and shoulders.
- Place your arms out at your sides.
- **Slowly** roll your knees over to one side (keep squeezing your knees together as you do this).
- **Slowly** bring your knees back to the centre and roll over to the other side (keep squeezing your knees together).
- Only rock your knees as far as you feel comfortable, don't push into any back pain.
- Keep your shoulders and upper back on the bed as you roll your knees.
- Repeat \_\_\_ times on each side.



## 3. Bed exercise: Knee extension

- Position yourself in a reclined seated position (i.e. raise the back of the hospital bed or prop yourself up with pillows at home).
- Place a folded pillow/rolled towel/blanket under your knee.
- Push the back of your knee down as you straighten your leg and lift your heel off the bed. **Slowly** pull your toes up towards you. Hold this for 5 seconds.
- Lower your heel back down to the bed **slowly**.
- You should feel the muscles at the front of your thigh working during this exercise.
- Repeat \_\_\_ times on each leg.



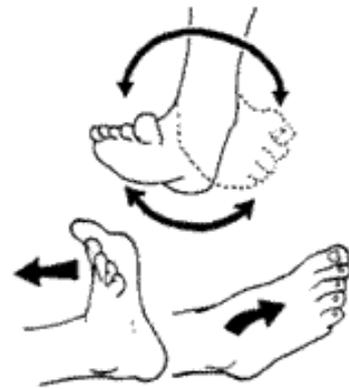
## 4. Bed exercise: Knee bends

- Lying on your back, relax your head, neck and shoulders. Place your arms at your sides and straighten both legs along the mattress.
- **Slowly** bring one of your heels up towards your bottom as far as you can, bending your knee as you do so, keeping your heel off the bed. If this is too difficult then ask a member of staff for a slide sheet. Place the slide sheet under your foot and slide your heel up towards your bottom instead of keeping it off the bed.
- **Slowly** straighten your leg again.
- Ensure your heel moves up and down in a straight line. Repeat this \_\_\_ times on each leg.



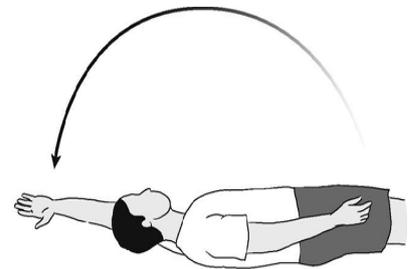
### 5. Bed exercise: Ankle pumps □

- Lying/sitting up in bed, place a pillow under your calf so that your heels are slightly raised off the mattress.
- Pull your toes up towards you.
- Point your toes away from you.
- Repeat this \_\_\_ times.
- Now circle your ankle (imagine drawing a circle with your big toe). Do \_\_\_ circles each way.
- Repeat this on the other foot.



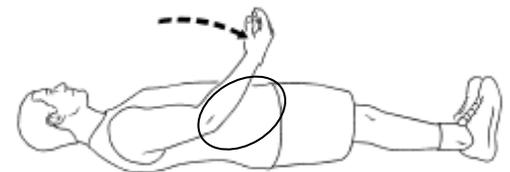
### 6. Bed exercise: Shoulder flexion □

- Lie on your back with both arms down at your sides. Relax your head, neck and shoulders.
- With one arm, **slowly** lift it off the mattress and take it back so that your arm is next to your ear.
- Try and make sure that your elbow stays straight as you do this.
- **Slowly** bring your arm back to the starting position.
- If this is too difficult then you can do the same motion lying on your side, with your moving arm on top.
- Repeat this \_\_\_ times on each arm.



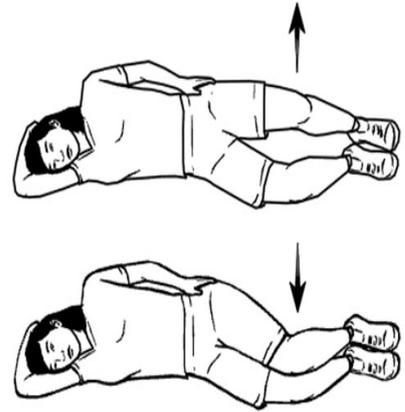
### 7. Bed exercise: Elbow extension □

- Lying on your back, relax your head, neck and shoulders.
- Place a folded pillow or a rolled up towel/blanket under your forearm.
- **Slowly** push your forearm down as you straighten your elbow.
- Keep pushing into the pillow/towel/blanket for **5-10 seconds**.
- **Slowly** bend your arm again.
- Repeat \_\_\_ times on each side.



### 8. Bed exercise: Clams □

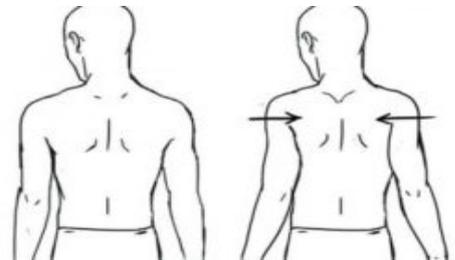
- Lie on your side and bend your knees. Make sure that your ankles, hips and shoulders are in a line. Place your top hand in front of you on the mattress.
- Find a position where your top hip is directly above your bottom hip. Think about trying to reach your top hip a little further away from you, as if you wanted to make a small gap between your bottom waist and mattress.
- Keep your heels together as you **slowly** lift your top knee up towards the ceiling. As you do this, your top hip will want to fall back. Make sure that you are keeping your top hip directly above your bottom hip.
- Hold for \_\_\_ seconds. You should feel your top buttock muscles working.
- **Slowly** lower your top knee back down to the starting position.
- Repeat \_\_\_ times.



*This exercise is not about how high you can lift your knee, but rather about being able to lift and lower your knee without moving your hips or back.*

### 9. Chair exercise: Shoulder blade squeeze □

- In your chair, try sit up as tall as you can (try take your back off the chair and maintain an upright posture if able).
- Squeeze your shoulder blades together and hold for **5 seconds**.
- Relax your shoulders back to your starting position.
- Repeat \_\_\_ times.



### 10. Chair exercise: Shoulder flexion □

- Sit up tall in your chair. If you can, try bring your bottom forward slightly so that your back is away from the back of the chair.
- With a straight arm, **slowly** lift your arm up towards the ceiling, trying to get your arm next to your ear.
- As you do this, try and keep your shoulder down (don't let it shrug up to your ear as you lift your arm). Try keep your ribs down as well, not arching your back.
- **Slowly** lower your arm back down to your side.
- Repeat \_\_\_ times on each side.



### 11. Chair exercise: Knee extension □

- Sit up tall in your chair.
- Slowly straighten one of your legs as much as you can, lifting your foot off the floor.
- Pull your toes up towards you. Hold for \_\_\_ seconds.
- Slowly bend your knee again.
- As you straighten your knee, make sure that you are not leaning back into the chair.
- Repeat \_\_\_ times on each leg.



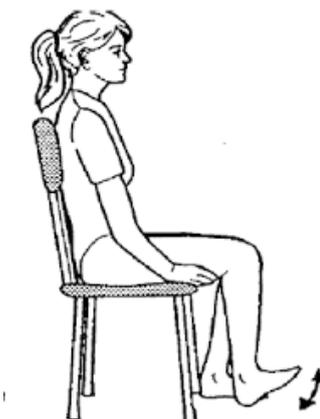
### 12. Chair exercise: Heel digs □

- Sitting tall in your chair, try and take your back off the chair and maintain an upright posture.
- With one heel, dig it into the floor and at the same time try and pull your heel towards the chair.
- The aim is not to necessarily bend your knee or move your foot along the floor. As you dig your heel down and try pull towards you, you should feel the muscles at the back of your thigh starting to work.
- Once you feel those muscles, hold that position for \_\_\_ seconds.
- Repeat \_\_\_ times on each side.



### 13. Chair exercise: Ankle mobility □

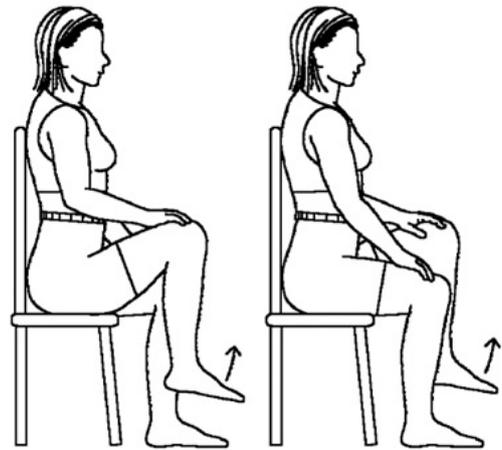
- Sit up tall in your chair. If you can, try bring your bottom forward slightly so that your back is away from the back of the chair.
- Place your feet flat on the floor.
- Lift your toes up as high as you can off the floor, keeping your heel down.
- Place your foot flat on the floor again.
- Now lift your heel as high as you can off the floor, keeping your toes on the floor.
- Continue alternating 'toes up, heel up'.
- Repeat \_\_\_ times. You can do both feet at the same time or alternate.



#### 14. Chair exercise: Seated marching



- Sit up as tall as you can in your chair. If you can, try bring your bottom forward slightly so that your back is away from the back of the chair.
- Place your feet flat on the floor.
- Lift one knee up, taking your foot off the floor and then alternate this with the other side so that you are doing a marching motion.
- Complete \_\_\_ marches.



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This document can be made available in other languages and formats upon request.

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