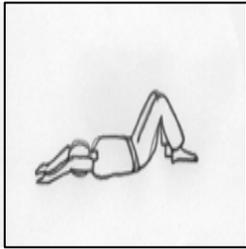
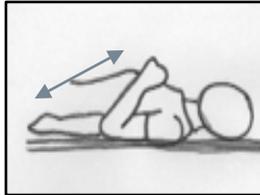


# Bed Exercises



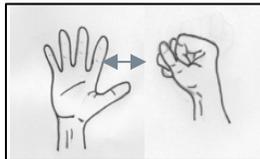
Clasp your hands together, keeping your elbows straight. Raise them as far above your head as comfortable. Hold for 5 seconds.

Repeat      times



Bend your elbow, keeping it close to your waist. Try to touch your hand against the same shoulder and then straighten your elbow fully. Hold each position for 5 seconds.

Repeat x      on each side



Open your hand as wide as possible and then make a fist.

Repeat x      on each side

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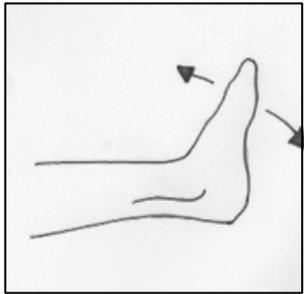
Please contact the Patient Advice and Liaison Service (PALS) if you require this leaflet in a different format, or would like to feedback your experience of the hospital.

Email [ruh-tr.PatientAdviceandLiaisonService@nhs.net](mailto:ruh-tr.PatientAdviceandLiaisonService@nhs.net) or telephone 01225 825656.

Date of publication: XX month year  
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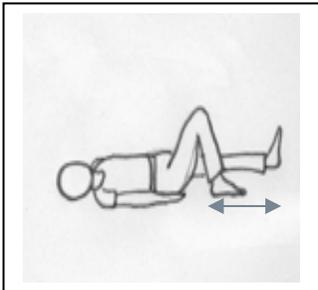
# Bed Exercises

Your physiotherapist recommends that you do these exercises three times a day. These exercises can be done either in lying or sitting up in bed.



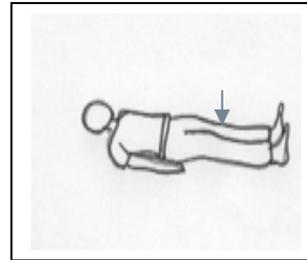
Bend, straighten and rotate your ankles briskly.

Repeat x



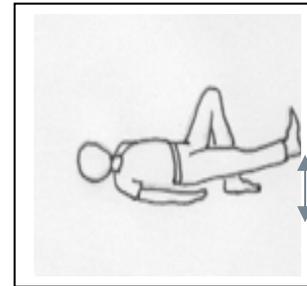
Bend one knee by bringing your thigh towards your chest. Lower your leg steadily back down to the bed.

Repeat x on each side



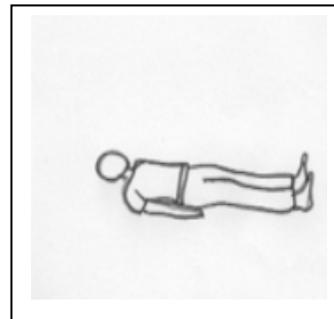
Push your knee down into the bed and hold for 5 seconds.

Repeat x on each side



Point your toes at the ceiling and straighten your knee. Lift your leg off the bed. Hold for 5 seconds.

Repeat x on each side



Squeeze your buttocks together and hold for 5 seconds

Repeat times.