

# Bed Exercises

Please do these exercises every hour before and after surgery.

1. Take 5 deep breaths.

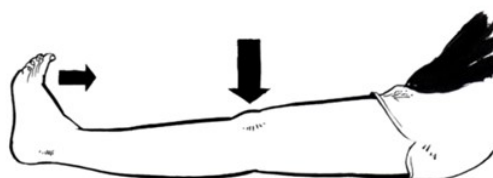
2. Pump your ankles up and down 10 times.



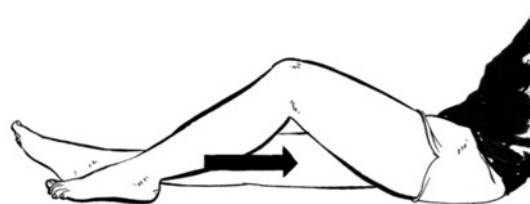
3. Tighten your bottom muscles, hold for 5 seconds and relax. Repeat 10 times each side.



4. Tighten up the muscle at the front of your thigh by pressing the back of your knee into the bed. Hold for 5 seconds then relax. Repeat 10 times each side.



5. Sitting up in bed, bend the operated leg as far as possible. You may wish to put some plastic under your foot to help it slide on the bed.



6. Lying with your legs out in front of you, slowly move your operated leg out to the side, away from the other leg, before returning to the middle. Repeat 10 times.

