

Bed Exercises

Information and advice for patients

Physiotherapy

These physiotherapy exercises have been developed for patients who spend long periods of time in bed during their hospital stay.

What are the benefits of doing these exercises?

When spending long periods of time in bed, your muscles weaken and your blood circulation around your body can slow down. The benefits of doing these exercises are that they will help you:

- Maintain good muscle strength, movement and circulation during your hospital stay
- Make the best possible recovery

Are there any risks to performing the exercises?

There are no risks involved with performing these exercises. However, if any of the exercises cause you pain or discomfort, you should stop doing them immediately and let your physiotherapist know when you next see them. They will be able to advise you on whether to continue with the exercises and on other exercises that are suitable for you.

What are the risks of not doing the exercises?

By not doing these exercises, your muscles and your blood circulation will weaken and this could hamper your speed of recovery.

Are there any alternatives?

There are no alternatives to these physiotherapy exercises.

How often should I do the exercises?

You should repeat these every hour during your hospital stay until you are regularly up on your feet. It is your responsibility to perform these exercises regularly. If you are having problems remembering to do them, please inform your physiotherapist.

How to perform the exercises

There are 2 types of exercises that can be done: the lower extremity exercise help to work your muscles from the below the waist, and the upper extremity exercises help to work your muscles above the waist.

In order to get the best results you will need to be committed to doing the exercises. Your physiotherapist will advise you which of the exercises in this booklet are best for you, and will demonstrate them for you.

You do not need to do a warm up to perform the exercises.

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Lower Extremity Exercises

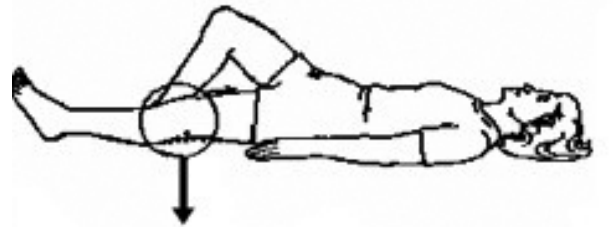
A. Ankle pumps

1. Sit upright or lie flat.
2. Keep your legs straight.
3. Point your feet away from you and then pull them up towards you.
4. Repeat steps 1-2 for 30 seconds.



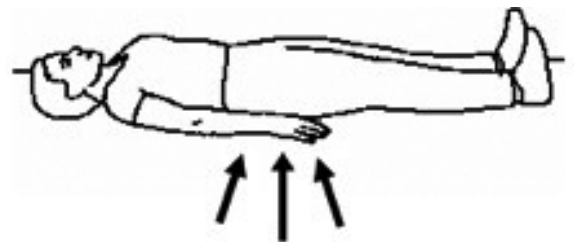
B. Static quad contractions

1. Sit upright or lie with your legs straight.
2. Pull your foot up towards you so that your toes are pointing towards the ceiling.
3. Push the back of your knee down into the bed and tighten the muscle on the front of your thigh.
4. Hold for a count of 5 seconds, relax and repeat.
5. Repeat steps 1-4 10 times on each leg.



C. Glutes squeeze

1. Squeeze your buttock muscles together as tightly as possible.
2. Hold for a count of 5 seconds.
3. Then relax for 10 seconds
4. Repeat steps 1-3 10 times.



D. Heel slides

1. Lie flat or sit upright.
2. Start with your legs straight.
3. Bend one knee by sliding your heel up towards your bottom.
4. Now slowly straighten your leg back out by sliding your heel away from you.
5. Repeat steps 1-4 10 times on each leg.



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Upper Extremity Exercises

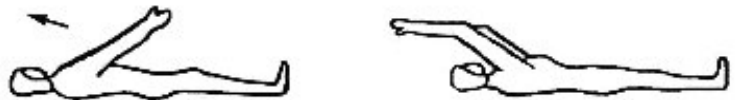
E. Push-ups

1. Bend your arms and touch your shoulders with the back of your hands.
2. Push your arms up towards the ceiling and then return them to the starting position.
3. Repeat steps 1-2 10 times.



F. Shoulder raise

1. Start with your arms by your sides.
2. Lift your arms up above your head as far as you can.
3. Then slowly lower them back down.
4. Repeat steps 1-3 10 times.



Follow-up

Your physiotherapist will visit you again to check your progress with the exercises.

Contact details

If you have any more questions or any problems please speak to your physiotherapy team, or ask the nursing staff to call the Physiotherapist.

Your Physiotherapist is: _____

Bleep number: _____

Further information

For more information about our hospitals and services please see our websites www.swbh.nhs.uk and www.swbhengage.com, follow us on Twitter @SWBHnhs and like us on Facebook www.facebook.com/SWBHnhs.

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Sources used for the information in this leaflet

- Physio Tools Resources for Professionals
- Chest, Calvo-Ayala, E et al, 144(5), p 1469-148, 'Interventions to improve the physical Function of ICU Survivors- A systematic review', 2013
- Continuing Education in Anaesthesia, Critical Care & Pain, Griffiths, J et al, 4(6), p202-205, 'Follow-up after Intensive care', 2004
- National Institute for Health and Care Excellence, CG83, 'Rehabilitation after Critical illnesses, 2009

If you would like to suggest any amendments or improvements to this leaflet please contact the communications department on 0121 507 5303 or email: swb-tr.swbh-gm-patient-information@nhs.net



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