

Department of
PHYSIOTHERAPY

Bed Exercises While Hospitalised



Legs Exercises

Ankle Pumps

- Point your toes towards the end of the bed and back towards yourself.

Repeat _____ times. Do _____ sessions a day.



Legs Exercises

Heel Slides

- Slide your left heel along the bed towards your buttocks as much as possible. Slide your heel back down until your knee is fully straight. Repeat the action with your right heel.

Repeat _____ times. Do _____ sessions a day.



Legs Exercises

Double Leg Bridging

- Position yourself lying on your back with your both knees bent. Lift your buttocks off the bed.

Repeat _____ times. Do _____ sessions a day.



Legs Exercises

Supine Hip Abduction

- Keep your toes pointed towards the ceiling and bring your left leg out to the side. Repeat the action with your right leg.

Repeat _____ times. Do _____ sessions a day.



Arms Exercises

Shoulder Flexion

- Keeping your elbows straight, lift both of your arms away from the bed and towards your head. Slowly put them back down.

Repeat _____ times. Do _____ sessions a day.



Arms Exercises

Forward Punch

- Punch your left fist forward and extend your elbow fully. Repeat the action with your right fist.

Repeat _____ times. Do _____ sessions a day.

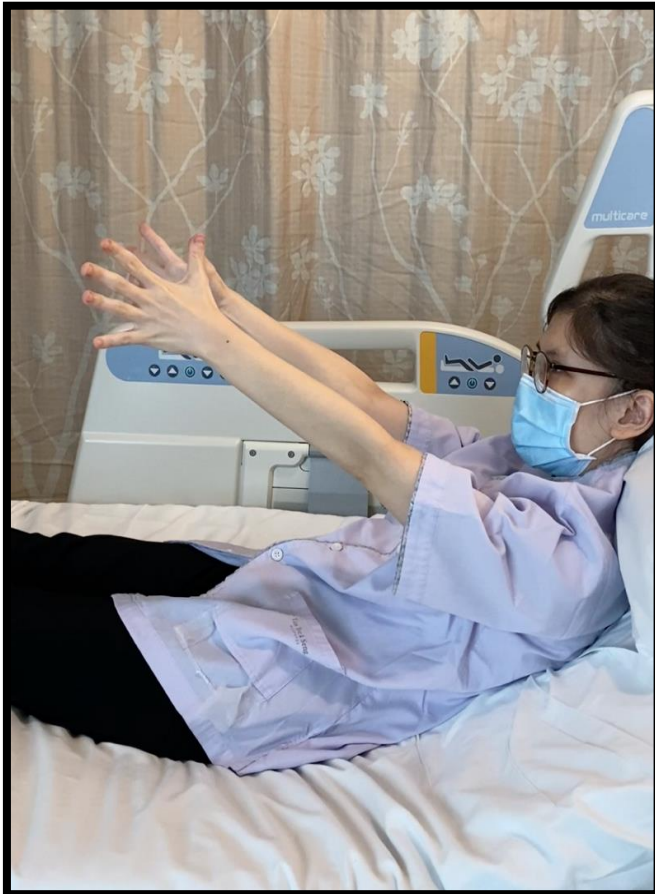


Arms Exercises

Hand Squeezes

- Extend your elbows in front of you and clench your fist as tightly as you can. Then, release them.

Repeat _____ times. Do _____ sessions a day.



Trunk Exercises

Trunk Rotation

- Bend your right knee and reach towards the left side of the bed with your right arm. Repeat the action with your opposite limbs and reach towards the right.

Repeat _____ times. Do _____ sessions a day.



Additional Exercises in Chair Mode

Long Arc Quads in Sitting

- Lift up your left heel towards the ceiling and straighten your knee. Hold for _____ seconds.
Repeat the action with your right heel.

Repeat _____ times. Do _____ sessions a day.

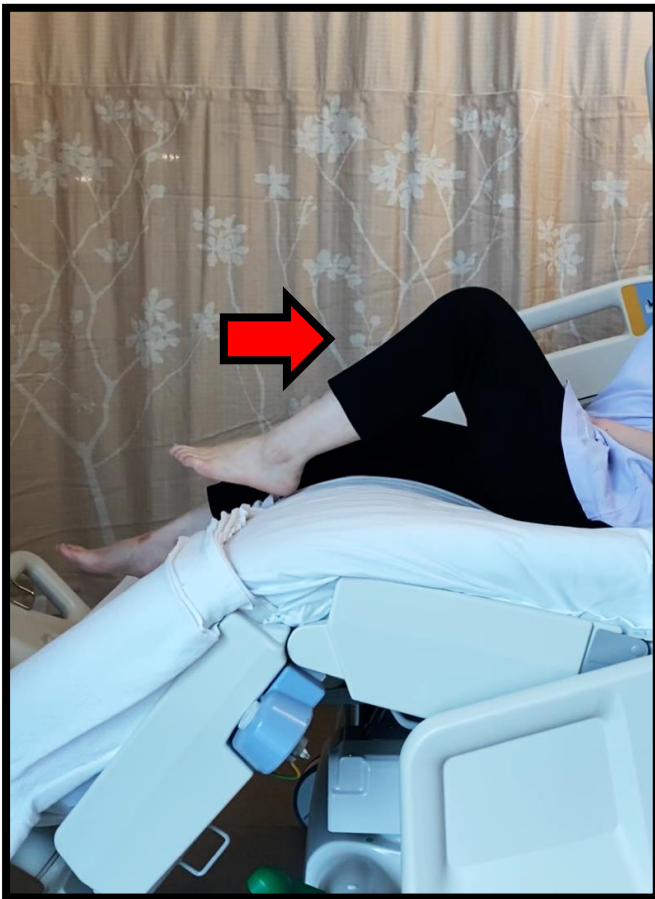


Additional Exercise in Chair Mode

Hip Flexion in Sitting

- Lift your left thigh towards your chest. Hold for _____ seconds. Repeat action with your right thigh.

Repeat _____ times. Do _____ sessions a day.



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