

Premier  
Orthopaedic  
Pathway

# **Physiotherapy bed exercises**

Physiotherapy is vital to make the best possible recovery.

When spending long periods in bed your muscles weaken and your circulation tends to slow down. It is important to maintain good muscle strength and circulation by doing these exercises.

Your physiotherapist will advise you which of the exercises in this booklet are best for you.

Repeat these every half an hour in the recovery period until you are regularly up on your feet.

***Your progress is largely dependent on how much effort you put in. In order to get the best outcome your self-motivation is crucial!***

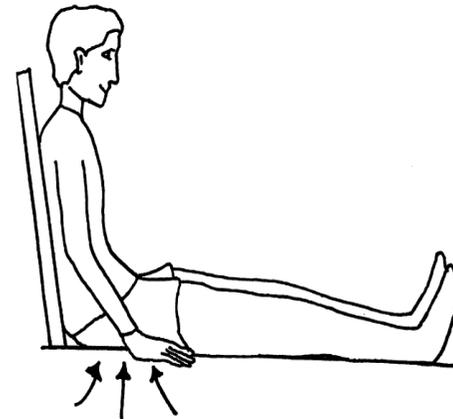
### **Foot and ankle**

Bring your toes and feet towards you and point them away again. Repeat x 10.



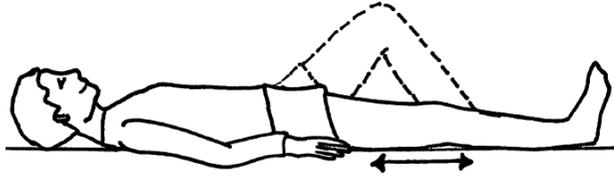
### **Buttock squeezes**

Tighten your buttock muscles, hold for 5 seconds then release. Repeat x 10.



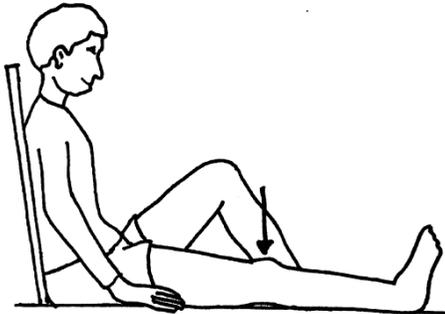
### **Knee bending**

Bend and straighten your hip and knee by sliding your foot up and down the bed. Repeat x 10.



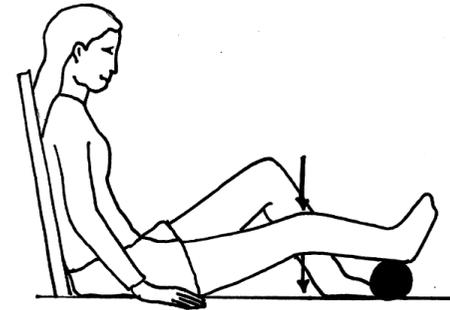
### **Knee straightening**

Sit upright with your leg in front of you. Bring your toes towards you and press your knee down into the bed by tightening your thigh muscles. Hold for 5 seconds. Relax and repeat.



### **Knee hangs**

If you are unable to straighten your knee fully, you can help this by lying down and resting your heel on a thick rolled up towel. Allow your knee to 'hang'. Tighten your thigh muscles. Hold for 5 secs, relax and repeat.



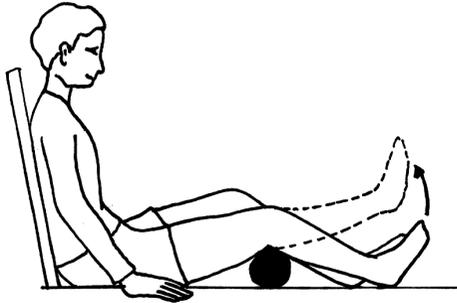
### **Leg sliding**

Keeping your leg straight and your toes pointing towards the ceiling, slide your leg out to the side as far as you can manage, then slide back in. Repeat 10 times.



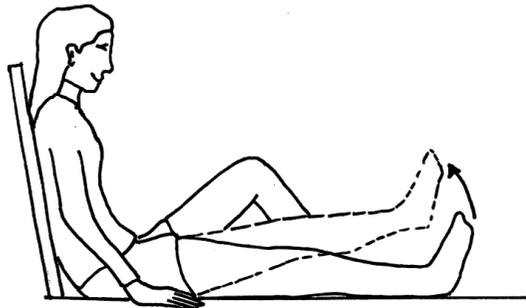
### Quadriceps

Place a rolled up towel or pillow under your knee. Squeeze your thigh muscles to lift your heel up off the bed. Hold 5 seconds then relax. Repeat 10 times.



### Straight leg raise

Keeping your knee straight lift your whole leg slowly off the bed. Hold 5 seconds then relax. Repeat 10 times.



### Any further questions?

Please feel free to ask your physiotherapy team if you have any further questions.

### Your physiotherapist is

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Patient information programme 2009  
[review date: July 2012]  
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