



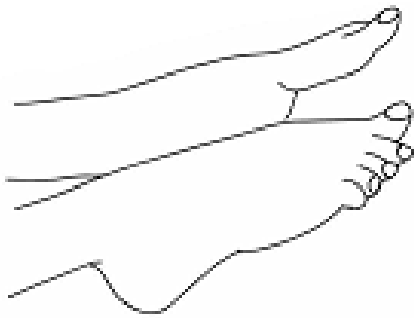
Lie on your back

Knee bends

Bend and straighten your leg, sliding your foot towards your bottom. Repeat with both legs

Repeat _____ times

My goal is:



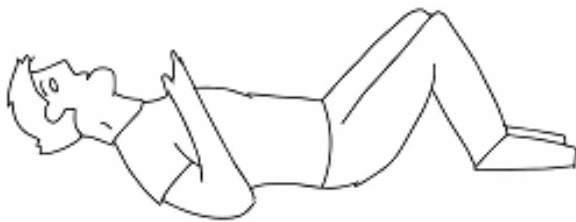
Lying on your back or sitting

Ankle movements

Bend and straighten your ankles. Keep your knees straight

Repeat _____ times

My goal is:



Lie on your back

Elbow bends

Rest your arms by your side, bend your elbow. Repeat with both arms

Repeat _____ times

My goal is:



Lie on your back

Shoulder raises

Lift your shoulders towards your ears and relax

Repeat _____ times

My goal is:

Sit Up

Get Dressed

Keep Moving

Bed Exercises



Your guide to preventing deconditioning and enabling independence for older people

Name: _____

Longer periods of inactivity, due to fatigue or illness, result in muscle weakness and slowing of the blood circulating around your body.

These exercises will help to maintain and gain muscle strength, improve blood circulation, help mobility progression and your overall recovery.

A member of the therapy team will teach you these exercises, and set goals with you on how often to complete them. Goals will be reviewed as you progress. Once you have been taught these exercises, you should be able to complete them on your own, with another member of ward staff, or your visitors.

If you notice any new aches and pains, or worsening of existing pains, please stop these exercises and inform a member of the staff on the ward.

We recommend continuing these exercises at home to help maintain your strength, range of movement and mobility.



Rest your forearm on a surface

Wrist extension

Bend your wrist up and hold for approximately 30 seconds.

Repeat on the other side

Repeat _____ times

My goal is:



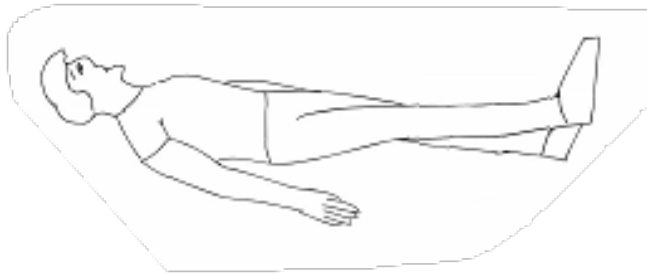
Lie on your back

Sideways leg movement

Lift and slide your leg out to the side and then back to mid position again

Repeat _____ times

My goal is:

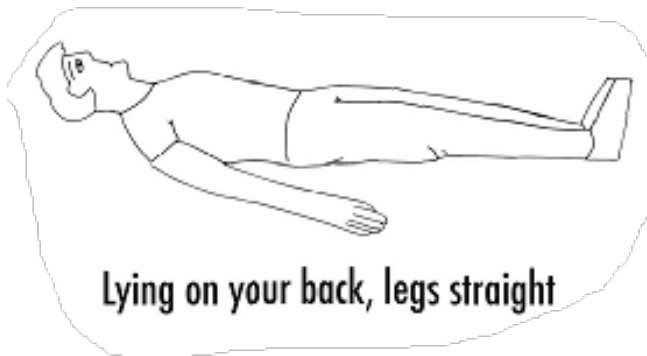


Lie on your back with leg raised

Leg raises

Tighten your thigh muscle and straighten your knee. Lift your leg _____ cm off the bed. Hold for _____ seconds. Repeat on both sides. Repeat _____ times

My goal is:



Lying on your back, legs straight

Thigh squeezing pull your toes

Push your knees down firmly against the bed and pull your toes towards you. Hold for 5 seconds and relax

Repeat _____ times

My goal is:



Lie on your back

Raising your arm

Bring your arm up and over your head keeping your arm close to your ear. Then lower. Repeat on both arms

Repeat _____ times

My goal is: