

Bed Exercises During Pregnancy

Keep your arms and legs strong

Your pregnancy care provider has advised you to rest in bed during part of your pregnancy. This handout explains the importance of doing exercises while you are on bed rest.

Why do I need to exercise?

While you are on bed rest, it is important to do exercises to help keep your arms and legs strong. Staying fit will help you get into and out of bed more easily. It will also help you recover after giving birth and help prevent complications such as blood clots.

How much do I need to exercise?

Your physical therapist will teach you exercises to do while you are in bed. For each exercise:

- Start with 1 set of 10 repetitions (reps), 2 times a day.
- As you get stronger, increase by 1 rep at a time.
- Work up to doing 3 sets of 15 reps, 3 times a day.

Precautions

- Do **not** hold your breath or bear down (tighten your abdomen) while doing your exercises.
- Breathe evenly as you do each exercise.
- Stop the exercises and tell your nurse if your uterine activity increases.
- Do **not** do any exercises while standing, unless your physical therapist or pregnancy care provider has told you it is OK.



Your physical therapist will teach you exercises to do while you are on bed rest.

QUESTIONS?

Your questions are important. Call your doctor or health care provider if you have questions or concerns.

Physical Therapy:
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