



# Beginning Bed Exercises

Perform these exercises while lying on your back in bed. Perform each exercise \_\_\_\_ times. Have someone else help you, if needed.

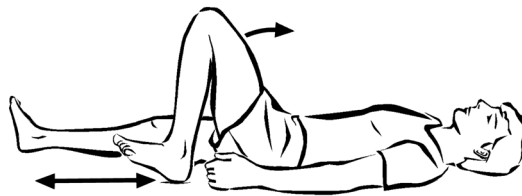
Add cuff weights to your ankles as you get stronger.

Be sure to breathe out when you lift, kick, pump, squeeze, or do the action of the exercise.

For each exercise shown, you or your therapist will write in the number of sets (how many times a day to do the exercise), number of repetitions (also called reps – how many times to do the exercise during each set), and how long to hold your position.

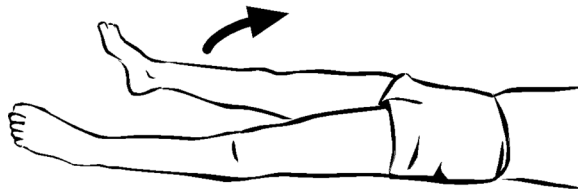
Patient \_\_\_\_\_

Therapist \_\_\_\_\_ Date \_\_\_\_\_



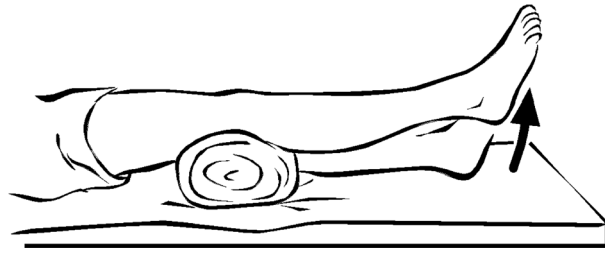
1. **Heel Slides** — Start with both legs straight. Keep your heels in contact with the bed. Slide one heel toward your buttocks (bottom) and then return your leg to the start position. Repeat on the other leg.

Sets: \_\_\_\_\_ Reps: \_\_\_\_\_ Hold: \_\_\_\_\_



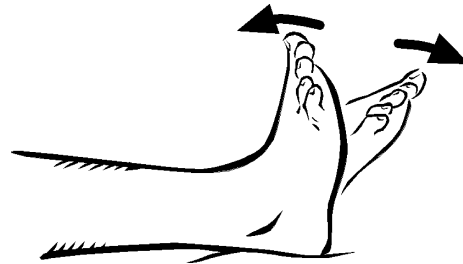
2. **Snow Angels** — Start with both legs straight and nearly together. Slide one leg out to the side and then return your leg back to the middle. Keep your kneecap and foot pointing upward. Repeat on the other leg.

Sets: \_\_\_\_\_ Reps: \_\_\_\_\_ Hold: \_\_\_\_\_



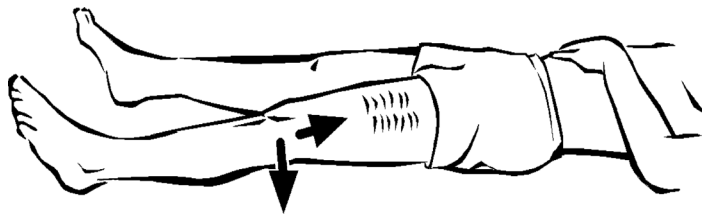
3. **Kick Up** — Place a rolled up pillow or blanket under your knee. Lift one heel off the bed and straighten your knee. Hold in the air and lower down slowly. Repeat on the other leg.

Sets: \_\_\_\_\_ Reps: \_\_\_\_\_ Hold: \_\_\_\_\_



4. **Ankle Pumps** — Pump your ankles up and down at the same time. Work on stretching out your calf muscles.

Sets: \_\_\_\_\_ Reps: \_\_\_\_\_ Hold: \_\_\_\_\_



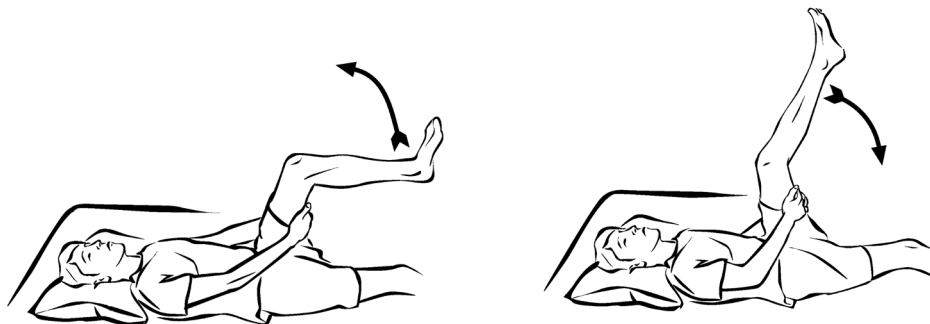
5. **Knee Pumps** — Tighten (squeeze) the muscles on the front of your thighs. Hold for the amount of time shown below and then relax for about 5 seconds before starting again.

Sets: \_\_\_\_\_ Reps: \_\_\_\_\_ Hold: \_\_\_\_\_



6. **Glut Sets** — Squeeze your buttocks (where your gluteal muscles are) together **while on your back**. Hold for the amount of time shown below and then relax for about 5 seconds before starting again. (The picture shows a patient on his stomach to show you the correct motion. Be sure to do this exercise while on your back.)

Sets: \_\_\_\_\_ Reps: \_\_\_\_\_ Hold: \_\_\_\_\_



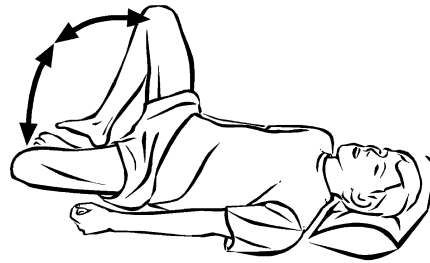
7. **Leg Stretch** — Bend one knee up and hold it with your hands behind your thigh. Then straighten your leg slowly to stretch it. Make sure your motion is comfortable. Try to keep your other leg straight. Hold for the amount of time shown below and then relax for about 10 seconds before starting again. Repeat on the other side.

Sets: \_\_\_\_\_ Reps: \_\_\_\_\_ Hold: \_\_\_\_\_



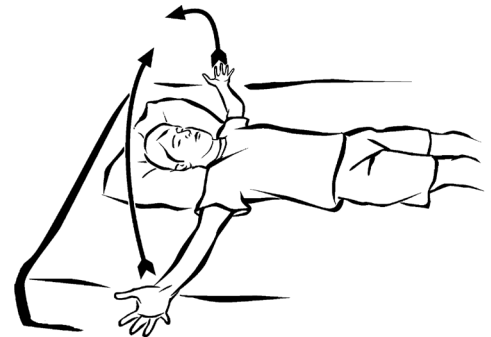
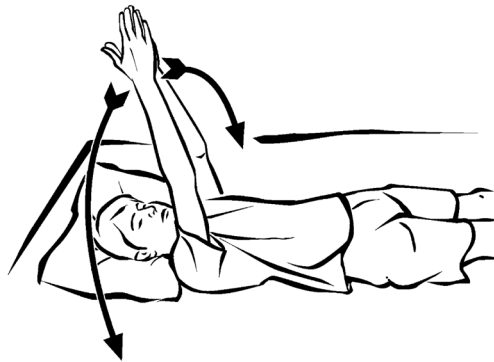
8. **Windshield Wipers** — Bend both of your knees and keep your hips in contact with the bed. Keep your knees together and gently let your legs roll from left to right. This helps to stretch your lower trunk.

Sets: \_\_\_\_\_ Reps: \_\_\_\_\_ Hold: \_\_\_\_\_



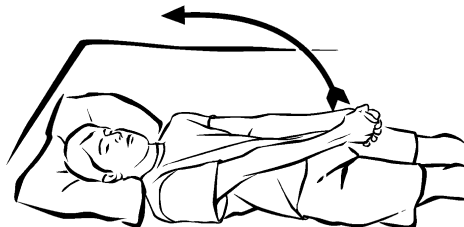
9. **Butterflies** — Bend both of your knees and keep your feet and hips on the bed. Let your knees slowly fall out to the sides and then bring them back together.

Sets: \_\_\_\_\_ Reps: \_\_\_\_\_ Hold: \_\_\_\_\_



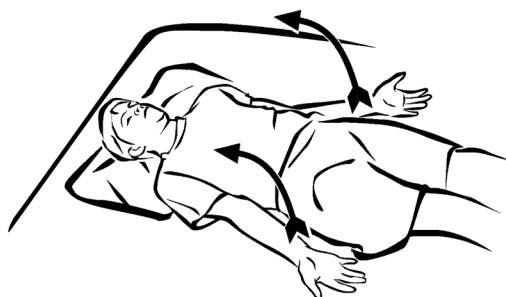
10. **The Clap** — Put your arms out to the side at shoulder height. Bring your hands together slowly so they end up in a “clap” position above your face. Keep your elbows straight.

Sets: \_\_\_\_\_ Reps: \_\_\_\_\_ Hold: \_\_\_\_\_



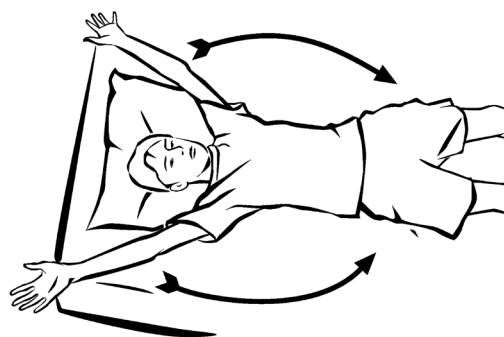
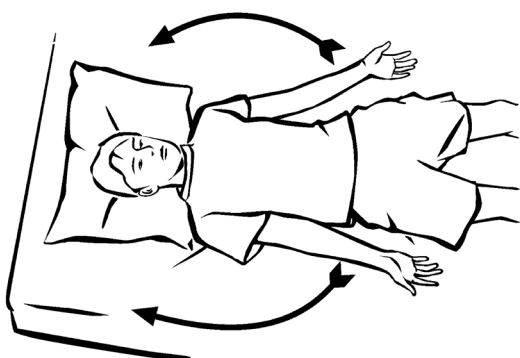
11. **Shoulder Elevation** — Clasp your hands. Lift your hands slowly over your head while keeping your elbows straight.

Sets: \_\_\_\_\_ Reps: \_\_\_\_\_ Hold: \_\_\_\_\_



12. **Elbow Bends** — Put your arms at your sides with your palms facing up. At the same time, bend both arms and try to touch your shoulders.

Sets: \_\_\_\_\_ Reps: \_\_\_\_\_ Hold: \_\_\_\_\_



13. **Snow Wings** — Put your arms at your sides with your palms facing up (thumbs pointing out). Keep your arms on the bed (or at bed level) and move them up over your head and try to touch your thumbs together. Keep your elbows straight. Do not exercise in painful ranges.

Sets: \_\_\_\_\_ Reps: \_\_\_\_\_ Hold: \_\_\_\_\_

## Questions?

Call 206-598-4830

Your questions are important. Call your doctor or health care provider if you have questions or concerns. UWMC Clinic staff are also available to help.

**Physical Therapy**  
**206-598-4830**

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14. **Make a Fist** — Place your arms where they are comfortable. At the same time, make a fist with both hands. Then relax your hand in the “flat” position. Hold your hands in the fist position for the number of seconds shown below. Then relax for about 5 seconds before starting again.

Sets: \_\_\_\_\_ Reps: \_\_\_\_\_ Hold: \_\_\_\_\_

UNIVERSITY OF WASHINGTON  
**MEDICAL CENTER**  
UW Medicine

**Physical Therapy**

Box 356490

1959 N.E. Pacific St. Seattle, WA 98195  
206-598-4830