

Lower Body Exercises in Bed

7 exercises with step-by-step instructions

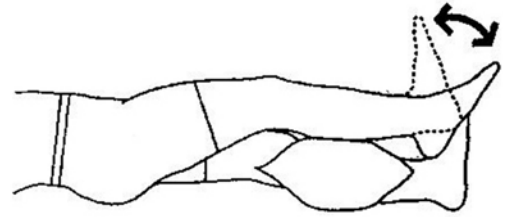
You can do these exercises while you are in bed to help strengthen your lower body and improve your blood flow. This helps prevent blood clots.

For each exercise: Start with 1 set of 10 repetitions (reps), 3 times a day. As you get stronger, work up to 2 sets of 15 reps 3 times a day.

Special note: If you have had recent surgery, check with your doctor or physical therapist before starting these exercises.

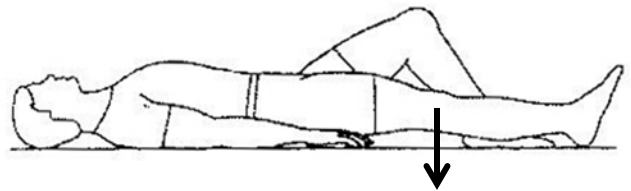
Ankle Pump

1. Lie on your back. Your lower leg can rest on the bed, or you can put a pillow under the leg you are exercising, as shown.
2. Point your toes toward your head and then toward the foot of the bed.
3. When you are done with your reps, repeat with the other leg.



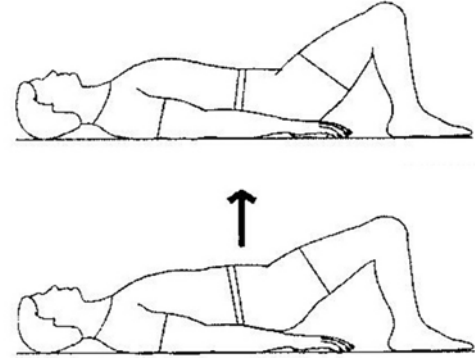
Quad Sets

1. Sit or lie down with your legs straight in front of you. If your back hurts, bend 1 leg, as shown.
2. For the leg you are exercising, try to push the back of your knee down against the bed. This will tighten your thigh muscle. Hold for 3 seconds. Breathe normally (do not hold your breath).
3. Release.
4. When you are done with your reps, repeat with the other leg.



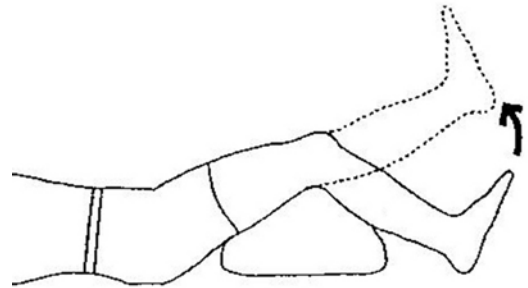
Bridge

1. Lie on your back with your knees bent and your feet flat on the bed.
2. Lift your buttocks.
3. Slowly lower back to the bed.



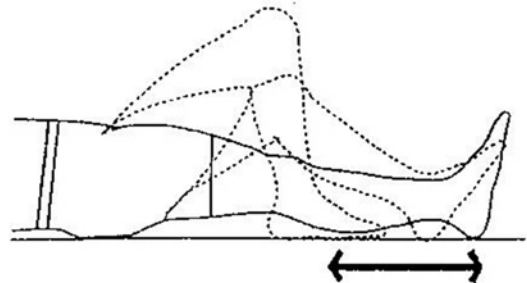
Short Arc Quad

1. Lie on your back, with a pillow under your knees.
2. Straighten 1 leg all the way.
3. Hold for 3 seconds and then release.
4. When you are done with your reps, repeat with the other leg.



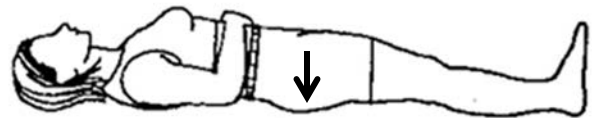
Heel Slides

1. Lie on your back with your legs straight.
2. Bend 1 knee as far as you can.
3. Slowly return to your starting position.
4. When you are done with your reps, repeat with the other leg.



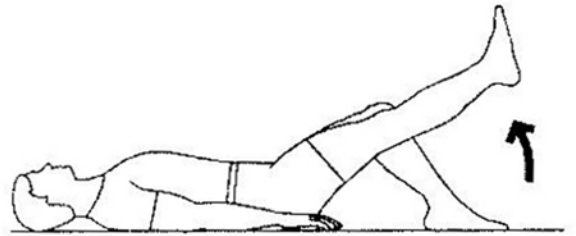
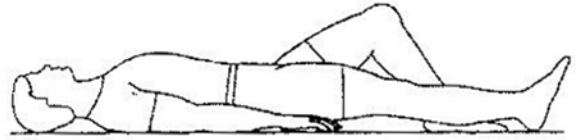
Glut Sets

1. Lie on your back with your legs straight.
2. Squeeze your buttocks together (see arrow).
3. Hold for 3 seconds and release.



Straight Leg Raises

1. Lie on your back with 1 knee bent.
2. Raise your straight leg until it is next to your bent leg.
3. Slowly lower your leg.
4. When you are done with your reps, repeat with the other leg.



Questions?

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

Weekdays from 8 a.m. to 4:30 p.m., call Physical Therapy at 206-598-4830.

On weekends and holidays, call 206-598-6190 and ask for the weekend Physical Therapist to be paged.