

Lower Body Exercises in Bed

7 exercises with step-by-step instructions

You can do these exercises to help strengthen your lower body and improve your blood flow.

Exercise Guidelines

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.

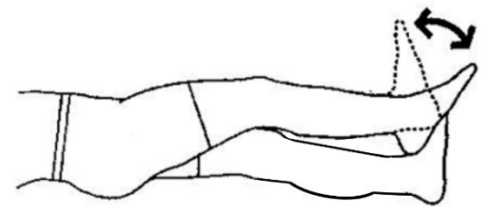
If you have had recent surgery, check with your doctor or physical therapist before starting these exercises.



Scan for a digital copy of this handout.

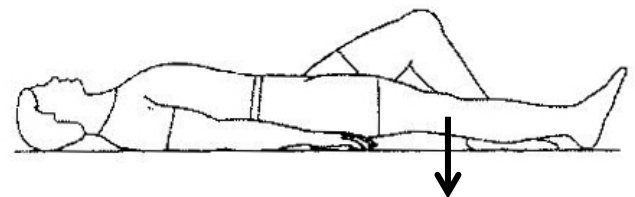
Ankle Pump

- 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.
- Point your toes toward your head and then toward the foot of the bed.
- When you are done with your reps, repeat with the other leg.



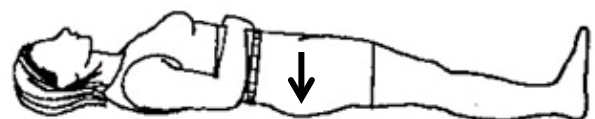
Quad Sets

- Sit or lie down with your legs straight in front of you. If your back hurts, bend 1 leg, as shown.
- 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).
- Release.
- When you are done with your reps, repeat with the other leg.



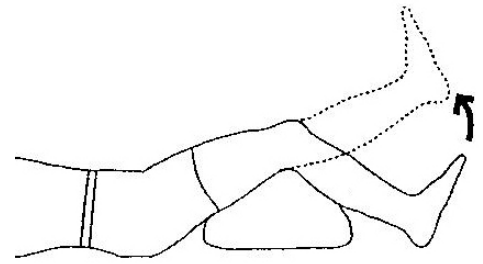
Glute Sets

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



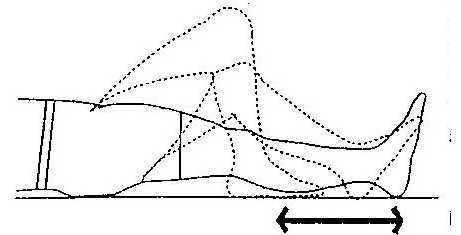
Short Arc Quad

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



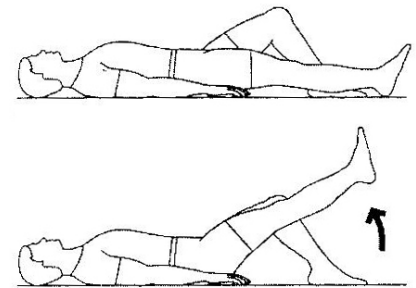
Heel Slides

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



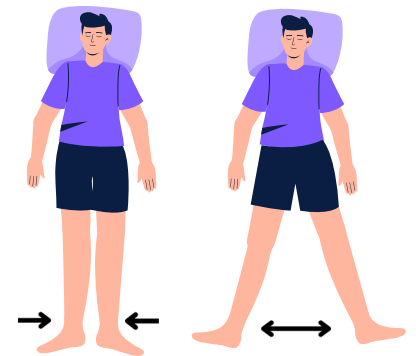
Straight Leg Raises

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



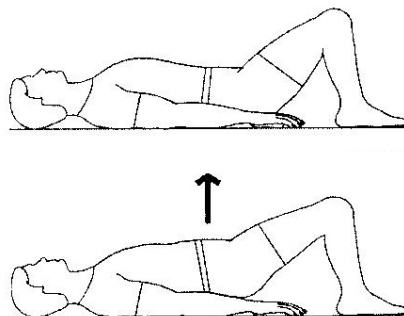
Snow Angels

- Lie on your back your legs straight.
- Open and close your legs, while keeping them straight (do not bend your knees).



Bridge

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



Questions?

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

Your Provider:
