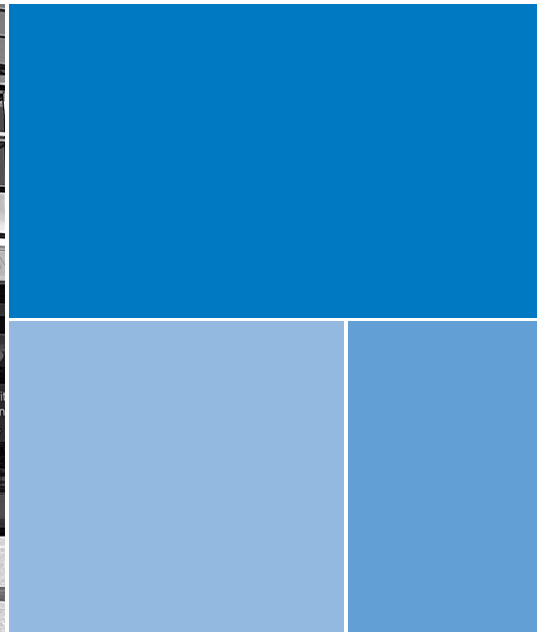




**James Paget
University Hospitals**
NHS Foundation Trust

Bed and Chair Exercises



[Patient Information](#)

Early mobilisation is key to a speedy recovery

Introduction

This guide is to help in your recovery and rehabilitation whilst in hospital and when you are discharged from hospital.

These exercises will help you maintain and/or improve your strength and mobility.

Things to expect whilst you are in hospital

Once you are stable you will be encouraged to get out of bed, sit in a chair and mobilise if able to.

Bed exercises

The following exercises should be carried out little and often (three to four times a day).

Only move in your pain-free range of movement. Do not force any movement.

Stop doing the exercise if you experience pain or difficulty and consult a physiotherapist.

Do not hold your breath whilst carrying out each exercise, breathe normally.

Exercise 1

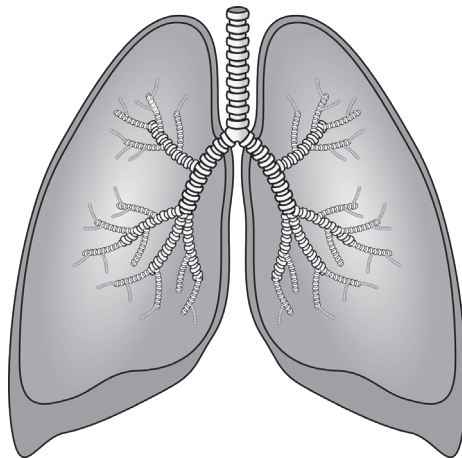
In an upright sitting position, breathe in deeply through your nose.

Hold for three seconds.

Breathe out through your mouth.

Repeat this three times.

Do this exercise every hour.



Exercise 2

Lying on your back or sitting up in bed.

Bend and straighten your ankles as in the picture below.

Repeat 10 times on each leg.

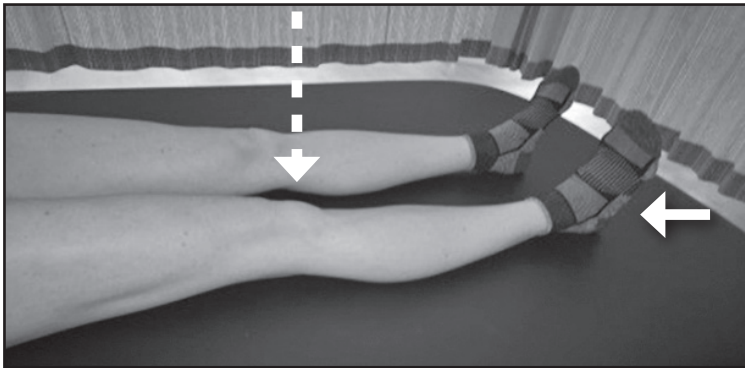


Exercise 3

Lie/sit with your legs out straight, bend your ankle towards you and push the back of the knee firmly against the bed.

Hold for five seconds.

Repeat 10 times on each leg.



Exercise 4

Lie/sit with legs out straight. Place a rolled up towel under the knee. Push the back of your knee down into the towel firmly; your heel should lift off the bed.

Hold for five seconds.

Repeat 10 times on each leg.



Exercise 5

Lie on your back with one leg bent and the other leg straight. Exercise your straight leg by pulling up your toes; keeping your leg straight, lift up your leg.

Hold for five seconds.

Repeat 10 times on each leg.



Exercise 6

Lie on your back with both knees bent, squeeze your bottom and push your stomach up so your bottom is lifted off the bed.

Hold for five seconds.

Repeat 10 times.



Exercise 7

Lie on your back, with both legs out straight. Take one leg out to the side and then back again and repeat with the other leg.

Repeat 10 times on each leg.



Exercise 8

Lie on your back with your knees bent and arms out straight by your sides. Raise one of your arms above your head then lower back down. Repeat with the other arm.

Repeat 10 times on each arm.



Chair exercises

Exercise 1

Sit upright in a chair. Lift your leg up off the chair, keeping your knee bent. Return to starting position.

Repeat on each leg 10 times.



Exercise 2

Sit in a chair, pull your toes up, tighten your thigh muscle and straighten your knee. Hold for five seconds. Repeat with the other leg.

Repeat 10 times on each leg.



Exercise 3

Sit in a chair with both feet flat on the floor. Keep your heels on the floor and raise your toes.

Repeat 10 times.



Exercise 4

Sit in a chair, with your feet on the floor. Lift one foot off the floor and point your toes. Repeat with the other foot.

Repeat 10 times.



Exercise 5

Sit in a chair. Raise your hands in the air as shown below. You do not have to use a weight if you cannot manage it yet.

Repeat 10 times.



Completion of exercises

It is really important once you are home to continue with your exercises at least three times daily, five to 10 of each exercise.

Those that complete regular exercises will have the best functional outcomes.

You could use the table opposite to keep a record of when you are doing them.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1							
Week 2							
Week 3							
Week 4							
Week 5							
Week 6							

Your Feedback We want your visit to be as comfortable as possible - talk to the person in charge if you have any concerns. If the ward/department staff are unable to resolve it, then ask for our Patient Advice and Liaison (PALS) information. Please be assured that raising a concern will not impact on your care.

OUR VALUES

Proud of the Paget

Collaboration

We work positively with others to achieve shared aims

Accountability

We act with professionalism and integrity, delivering what we commit to, embedding learning when things do not go to plan

Respect

We are anti-discriminatory, treating people fairly and creating a sense of belonging and pride

Empowerment

We speak out when things don't feel right, we are innovative and make changes to support continuous improvement

Support

We are compassionate, listen attentively and are kind to ourselves and each other

Before leaving please complete a Friends and Family Test feedback card.

Help us transform NHS services and to support patient choice.



The hospital can arrange for an interpreter or person to sign to assist you in communicating effectively with staff during your stay. Please let us know.

For a large print version of this leaflet, contact PALS 01493 453240

Author:
Donna Burton, Senior Physiotherapist

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