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Exercise plan:

**Bed exercises**

Patient:

**Med/Surg Template**

Date:

**23**

**rd May**

**2020**



**Shoulder Rolls Sitting**

Sit upright with good posture and with your arms resting by your

side. Pull your shoulders back by pulling your shoulder blades

together, then raise them up towards your ears and then forward

and down in a circular motion. This exercise will improve posture

and shoulder mobility. Then reverse direction

**Repeat 5 times | Perform 3 times daily**

Video:

[https://youtu.be/TLhoMLmze\_](https://youtu.be/TLhoMLmze_k)

[k](https://youtu.be/TLhoMLmze_k)



**Climb a Rope Sitting**

Sit upright with good posture, and imagine you have a rope in

front of you. Climb up the imaginary rope using your arms. This

exercise will help improve posture and strengthen your arms and

core.

**Repeat 5 times | Perform 3 times daily | Perform both sides**

Video:

[https://youtu.be/x8vuJPisFO](https://youtu.be/x8vuJPisFOg)

[g](https://youtu.be/x8vuJPisFOg)



**Elbow Flexion**

Bend your elbow as far as possible, and then relax to allow

your arm to hang down. This will help mobilise your elbow joint.

**Repeat 5 times | Perform 3 times daily | Perform both sides**

Video:

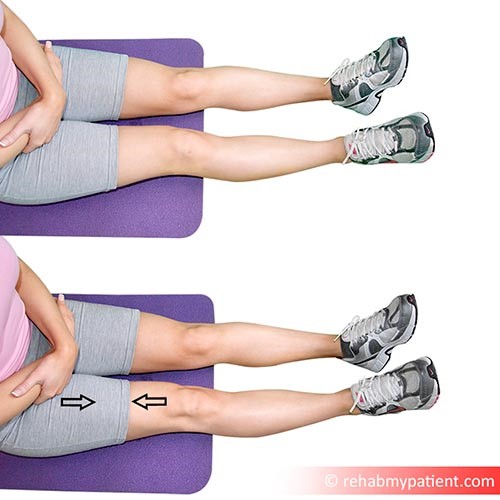
[http://youtu.be/HiyVS\_7hrG](http://youtu.be/HiyVS_7hrG8)

[8](http://youtu.be/HiyVS_7hrG8)

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Please stop any exercise that causes pain. If you have any questions with an exercise, please speak to your ward physiotherapist (8.30am-4.30pm). Good luck and keep with it!



**Static Quadriceps Contraction Sitting**

Sit on the bed, and tighten your right thigh (quadriceps) muscle

by actively tensing/squeezing the muscle. To finish, just relax the

quadriceps muscle.

**Repeat 5 times | Perform 3 times daily | Perform both sides**

Video:

[http://youtu.be/ltZhmKM9KT](http://youtu.be/ltZhmKM9KT4)

[4](http://youtu.be/ltZhmKM9KT4)



**Leg Lift**

Lift your leg off the bed. This exercise will mobilise your hip joint

and strengthen the hip flexor muscles. Lift your leg as far as feels

comfortable, but with the aim to increasing your leg lift as your

leg becomes stronger and more mobile.

**Repeat 5 times | Perform 3 times daily | Perform both sides**

Video:

[http://youtu.be/67ajrE4Aja](http://youtu.be/67ajrE4Ajak)

[k](http://youtu.be/67ajrE4Ajak)



**Ankle Circles Lying**

Lying/sitting up in bed, move your ankles around in circles both

anti-clockwise and clockwise. This is a great mobility exercise to

the ankle.

**Repeat 5 times | Perform 3 times daily | Perform both sides**

Video:

[http://youtu.be/Za8PFXDFp\_](http://youtu.be/Za8PFXDFp_M)

[M](http://youtu.be/Za8PFXDFp_M)

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