

Physical Therapy Exercise for Bedrest Patients

When you exercise or move in bed:

1. Keep breathing and **do not** hold your breath
2. Keep your tummy muscles relaxed

Energy Conservation and bed mobility:

1. When moving from side-to-side:
 - a. Keep your head on the pillow and roll like a log
2. To sit up from lying on your side:
 - a. Keep your head on the pillow and push the “up” button.
 - b. Roll to one side. Use your arms to push to sit, keeping your back straight, while you lower your legs over the edge of the bed
 - c. Reverse these steps to lie back down
 - d. Never jackknife to sit
3. Use pillows and towels to support your position
 - a. Sidelying on your left is the best position for maximum circulation for the uterus and the baby.

Circulation exercises/legs: Do 3 times per day/20-25 reps each

1. Ankle pumps
2. Foot circles
3. Tighten and relax knee muscles
4. Roll knees inward and outward
5. Bend knees up one at a time, hold, and return to straight

Muscle toning exercises for the arms in supported lying or sidelying.

1. Chin tucks: push back of head into pillow
2. Chin toward ceiling, down toward toes.
3. Turn head to the left and right
**Stop if you feel dizzy!!
4. Circle shoulders backward
5. Pinch shoulder blades together
6. Trace large letters in the air
7. Tighten and release fists
8. Bend and straighten elbows