



Bed & Seated Exercises

A resource for care homes in NHS Forth Valley
by Matthew Gallagher



Exercise guide

To start with, try each exercise 2 or 3 times and slowly increase the repetitions as you build strength and confidence. For example, in a couple of days you might repeat each exercise 5 times, working up to 10 repetitions in a couple of week's time.

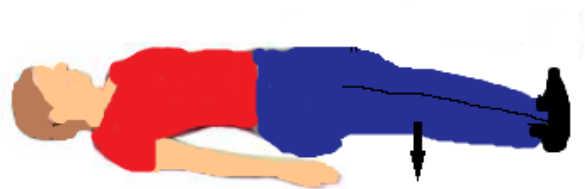
Heel slides

1. Lying on your back.
2. Bend your knee as far as you can then straighten.
3. Repeat 5 times.
4. Repeat with your other leg.



Knee straightens

1. Lying in bed, try to straighten your knee as much as you can.
2. Push your knee down gently against the bed.
3. Hold for 5 seconds then relax
4. Repeat 5 times for each leg



Straight leg raises

1. Lying on your back with one leg straight and the other leg bent.
2. Exercise your straight leg by pulling the toes up, straightening the knee and lifting the leg 4 inches off the bed.
3. Hold approx 5 seconds and slowly relax.
4. Repeat 5 times.



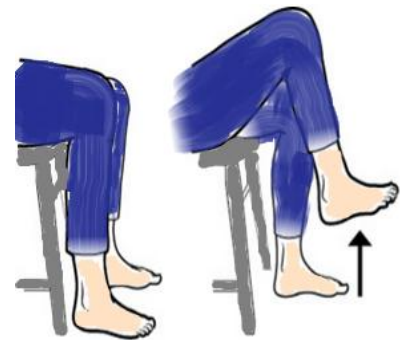
Arm Swings

1. Sit tall away from the back of the chair.
2. Place your feet flat on the floor below your knees
3. Bend your elbows and swing your arms from the shoulder
4. Build a rhythm that is comfortable for you
5. Continue for 30 seconds



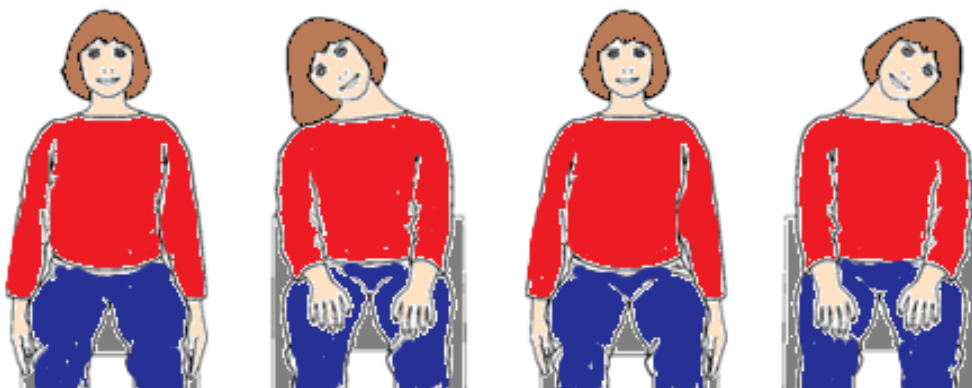
Chair Marching

1. Sit tall away from the back of the chair
2. Hold the sides of the chair
3. Alternately lift your feet and place them down with control.
4. Build to a rhythm that is comfortable for you
5. Continue for 30 seconds



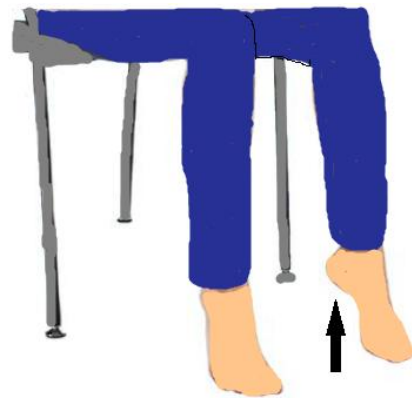
Neck Stretch

1. Gently take your right ear down to your right shoulder, hold for 5
2. Return to the centre
3. Gently take your left ear down to your left shoulder, hold for 5
4. Repeat 5 times



Heel raises (seated)

1. Sit tall away from the back of your chair
2. Lift your heels up off the ground. Make sure your toes remain on the ground
3. Repeat 10 times



Front knee strengtheners

Knee strengthening exercises will help you to maintain strength in the muscle at the front of your leg.

To strengthen the knee:

1. Sit firmly in the back of a chair, keep your shoulders down and maintain good posture.
2. With or without an ankle weight, slowly extend your leg in front of you.
3. Repeat up to 10 times on each leg.

