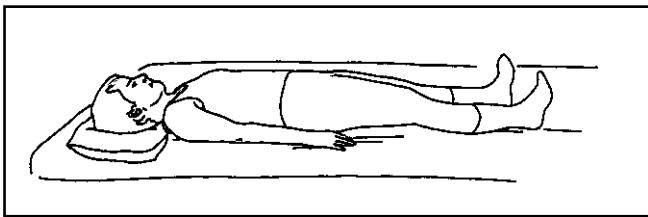


Bed Exercises

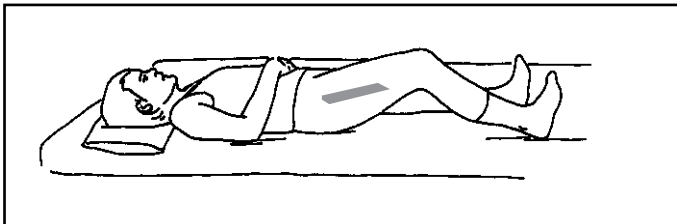
- Exercises will help return your leg regain strength and mobility.
 - It is important that you do your exercises _____ each day.
 - Return to your starting position and relax between each exercise repetition.
 - Repeat each exercise _____ times unless you receive other directions.
 - Stop any exercise that causes pain.
-

□ Quadricep Sets (Thigh Squeezes)



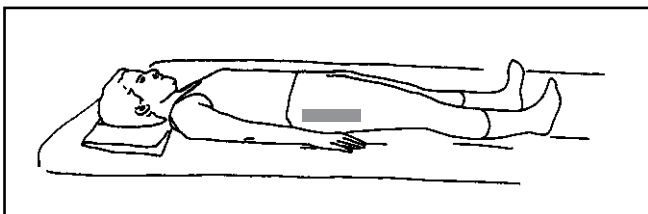
- Tighten the muscles in front of your thigh by pushing the back of your knee down into the bed.
 - Hold for 5 seconds.
-

□ Hamstring Sets



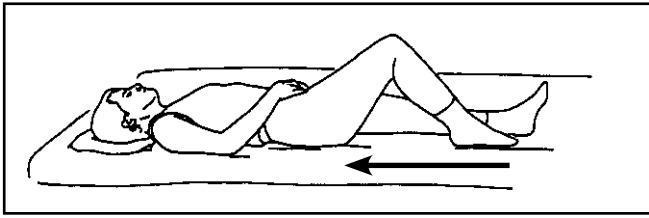
- Bend your knee a little and tighten the muscle on the back of your thigh by digging your heel into the bed.
 - Hold for 5 seconds.
-

□ Gluteal Sets



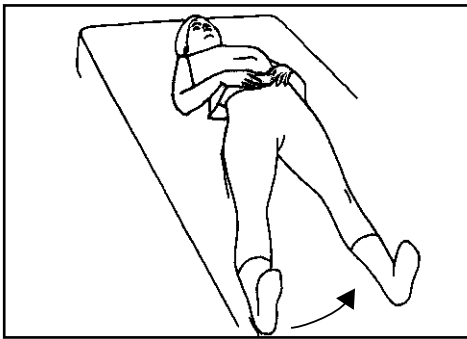
- Tighten your buttocks muscles by squeezing the muscles together.
- Hold for 5 seconds.

❑ Heel Slides (Hip and Knee Flexion)



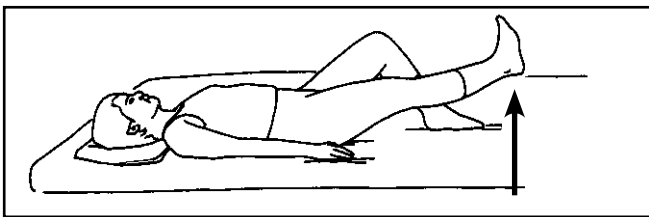
- Bend your hip and knee by sliding your heel up toward your buttocks. Keep your heel on the bed. Keep your knee cap pointed toward the ceiling during the exercise.
- You may want to use a cookie sheet under your heel to help it slide easier or a bed sheet to pull your heel to help bend your knee.

❑ Leg Slides (Abduction/Adduction)



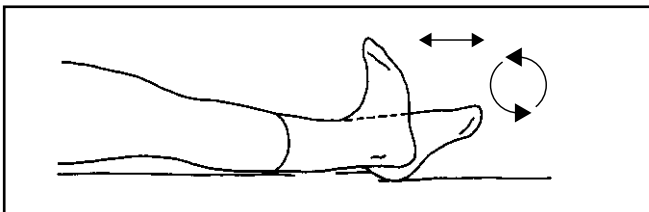
- Slide your leg out to the side, keeping your knee cap pointed toward the ceiling.
- Slide your leg back to return to the starting position.
- You may want to use a cookie sheet under your heel to help it slide easier.

❑ Straight Leg Raises



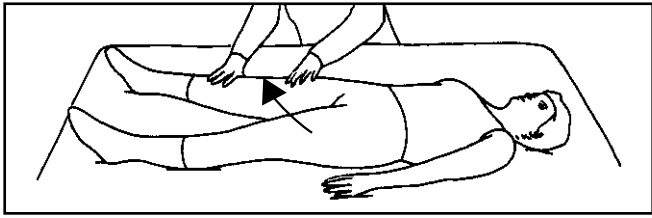
- Bend your uninvolved leg with your foot flat on the bed.
- Raise your involved leg up (about 12 inches), keeping your knee straight. Hold briefly.
- Progress to holding for 5 seconds.

❑ Ankle Pumps and Circles



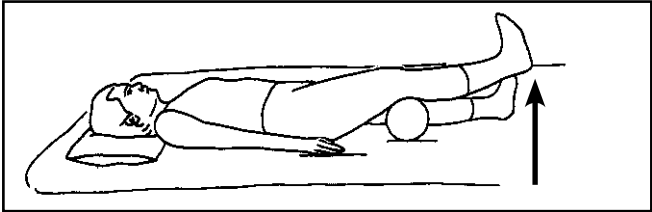
- Bend both your ankles up, pulling your toes toward you, then bend both your ankles down, pointing your toes away from you.
- In addition, rotate your foot clockwise and counterclockwise, keeping your toes pointed toward the ceiling.

□ Abduction Sets



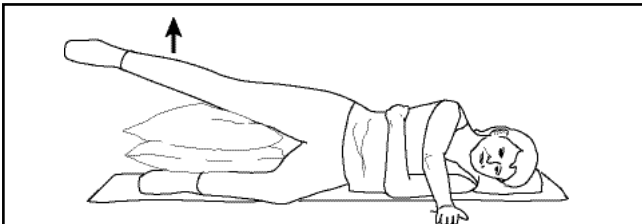
- Tighten the muscles on the outside part of your thigh by pushing the leg outward against an immovable object.
- Hold for 5 seconds.

□ Lying Kicks (Short Arc Quadriceps)



- Lie on your back with a rolled blanket or pillow under your knee. Straighten your other knee.
- Hold for 5 seconds.
- The back of your knee should stay in contact with the blanket or pillow during the exercise.

□ Abduction Against Gravity



- Do this only when instructed by your doctor or physical therapist.
- Place two pillows between your knees and roll onto unaffected side. Keeping the top leg straight and the lower leg bent slightly, lift your leg up toward the ceiling.