

# Exercises While on Bedrest

## General Information

The following exercises will help you maintain strength and flexibility. While doing the exercises, there are two things to remember:

- Do not hold your breath. Breathe in a relaxed manner.
- Avoid tightening your abdominal muscles, which may induce premature contractions or place stress on your cervix.

Do each exercise \_\_\_\_\_ times,  
and repeat \_\_\_\_\_ times a day.

## Neck Range of Motion

You may do these sitting or lying down.

- Bend your head forward.
- Bend your head backward.
- Tilt your head toward your left shoulder.
- Tilt your head toward your right shoulder.
- Turn your head to the left side.
- Turn your head to the right side.

## Exercises for Your Neck and Upper Back

You may do these sitting or lying down.

- Raise your arm over your head and back to your side.
- Raise your arm out to the side up to your ears and back down to your side.

## Arm Curls

You may do these sitting or lying down.

- Straighten and bend your elbow.
- Start without any weights in your hand.
- Slowly add weight. Use half-pound weights and gradually go from one-half pound up to no more than 3 pounds.

## Quad Sets

You may do these sitting or lying down.

- Tighten the muscle on the top of your thigh by straightening your knee as much as possible. Hold and relax.

## Hamstring Sets

Do these while sitting.

- Tighten the muscle on the back of your thigh by digging your heels into the floor. Hold and relax.

## Gluteal Sets

You may do these sitting or lying down.

- Squeeze your buttocks together. Hold and relax.

## Ankle Pumps and Circles

Do these while lying down.

- Pump your ankles up and down.
- Rotate your foot in a circle, stopping at where 12, 3, 6 and 9 would be on a clock (clockwise and counter-clockwise).