LYING EXERCISES

A short guide to doing your lying exercises safely and effectively

ST CHRISTOPHER'S

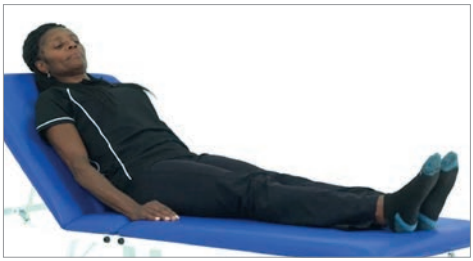
Please do all the exercises that have been ticked. These exercises have been suggested to you, to either maintain or improve your strength, enhance circulation and improve your mobility and flexibility.

When doing any exercise please remember to work within your comfort zone. If any exercise causes you pain or increased breathlessness, stop and seek medical help.

All these exercises can be performed whilst lying on your bed.

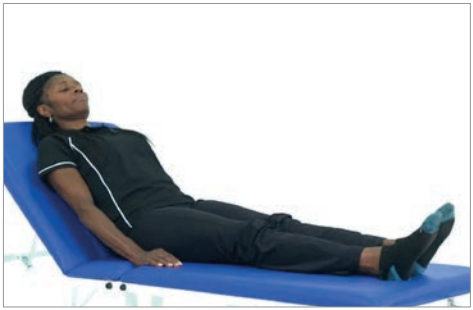
☐ HEEL SLIDE Repeat this:

- Gently slide your heel towards your bottom
- Slowly lower down, with control
- Make this easier by alternating the right and left side.



☐ STRAIGHT LEG RAISE Repeat this:

- Gently lift your right leg off the bed
- Slowly release it down
- Do the same on the left side.



☐ BRIDGE Repeat this:

- Bring your heels towards your bottom
- Place your hands flat on the bed
- Lift your bottom up, away from the bed (as high as you can)
- Gently release back down.

☐ BICEPS CURLS Repeat this:

- Place your arms by your side
- Lift your hands up towards your shoulders and back by bending and straightening your elbows, keeping your elbows close to your body.
- Make this exercise harder by using tins or water bottles.

☐ ROWING Repeat this:

- Lift your arms up to shoulder level
- Pull your elbows back
- Straighten your arms
- Make this exercise harder by using tins or water bottles.

Visit stchristophers.org.uk/lyingexercises or scan the QR code to watch a video of all the exercises in this leaflet being performed. If you would like this information in a different format, such as audio tape, braille or large print, or in another language, please speak to the Communications team on 020 8768 4500 or email communications@stchristophers.org.uk.

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