



# 5 Lying Down Exercises

for strength and flexibility

These simple exercises can improve your strength and movement.

Try to complete these daily.

Make sure you are well supported with a straight posture and relax your breathing.

Make sure the surface you are lying on is supportive and sturdy.  
Slight soreness the day after exercise is normal.  
If you have concerns speak to your GP or medical professional.

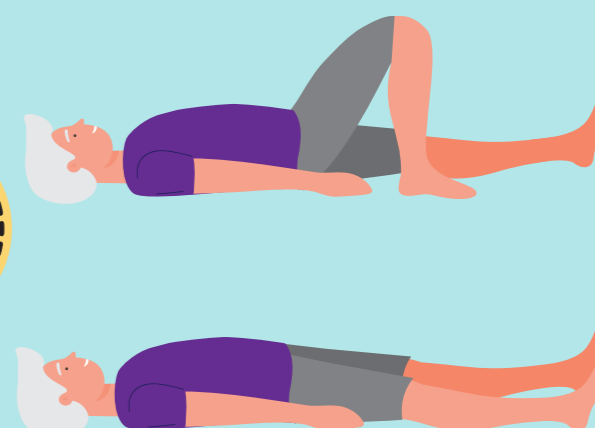
1



### Ankle pumps

Bend your foot up and down at your ankle joint, alternate feet. Repeat 10 times for each foot.

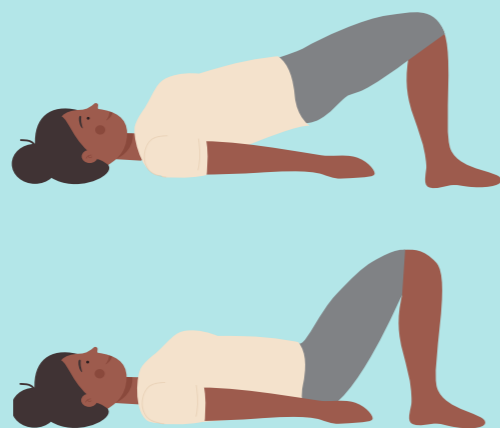
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### Heel slides

Slide one heel towards your buttock then control your leg back down. Repeat 10 times each leg.

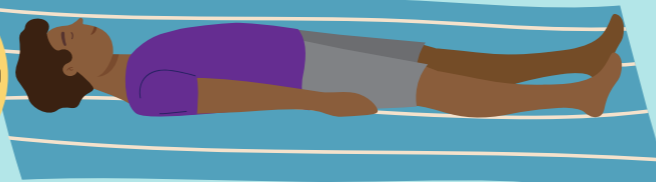
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### Bridging

Place your feet flat and bend your knees, tighten your lower abdominal muscles, squeeze your buttocks and then raise your buttocks off bed. Hold for 2 – 5 seconds then slowly lower. Repeat 10 times.

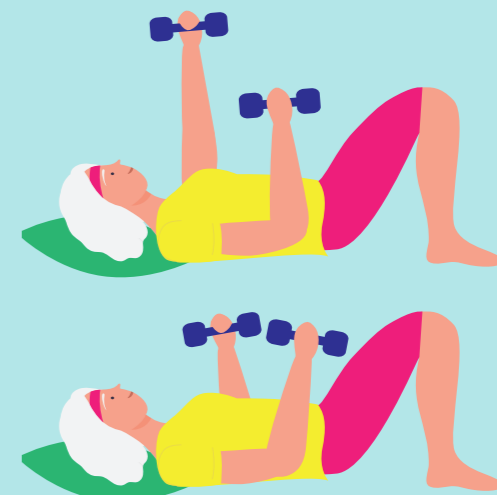
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### Static quadriceps

With your leg straight on the bed, push the back of your knee into the bed as you squeeze your quadricep muscle. Hold for 2 – 5 seconds then relax. Repeat 10 times for each leg.

5



### Lying down punches

Start with both elbows bent. Slowly straighten one elbow by performing a controlled “punch” toward the ceiling. Slowly return to start position. Do this with or without weights. Repeat 10 times for each arm.