BED EXERCISES FOR THE OBSTETRIC PATIENT

You doctor has ordered bed rest for you to protect you and your baby. In order to maintain strength, flexibility, and circulation, your doctor has recommended exercises to be done while you remain in bed.

- All exercises should be done slowly and gently.
- DO NOT hold your breath.
- DO NOT push or “bear down”.
- Do the exercises 3 times a day (mid-morning, mid-afternoon, and evening).
- Place a small towel under your right hip while performing the exercises.
- If you have any questions, ask you nurse.

**ANKLE EXERCISES**

1. Move Feet up and Down 15 times. May do BOTH feet at the same time.

2. Move feet in circles to right 15 times. Move feet in circles to the left 15 times. May do BOTH feet at the same time.

**QUAD SETS**

Press knees into bed, tightening thigh muscles. Hold 5 seconds. Repeat 15 times. May do BOTH legs at the same time.

**HAM SETS**

Bend knees slightly, dig heels into bed. Hold 5 seconds. Repeat 15 times. May do BOTH legs at same time.
BED EXERCISES FOR THE OBSTETRIC PATIENT

GLUT SETS
Squeeze buttocks together. Hold 5 seconds. Repeat 15 times.

HEEL SLIDES
Slide heel slowly towards you, bending your knee. Hold 5 seconds. Straighten leg and repeat 15 times. Do ONE leg at a time.

KNEE EXTENSIONS
Place rolled towel or pillow under knees. Gently lift feet off bed. Hold 5 seconds. Repeat 15 times. May do BOTH legs at the same time.

LEG LIFTS
Bend one leg slightly. Keep the other leg straight and lift 10”-12”. Hold 5 seconds. Repeat 15 times. Do ONE leg at a time.