

Conditioning Exercises: Lying

All these exercises are done while you are lying on your back in bed.

Do each exercise _____ times each, _____ times a day.

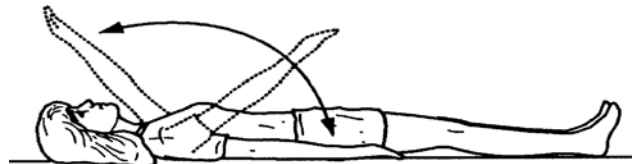
Ankle Pumps

Keep your legs straight and move your ankles up and down in a pumping motion.



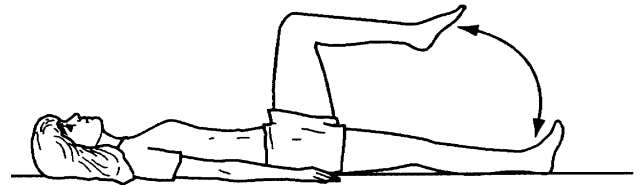
Shoulder Flexion

Start with your arms at your sides. Lift your right arm straight up and over your head as far as possible as you breathe in. Return your arm to your side as you breathe out. Repeat with your left arm.



Hip / Knee Flexion

Start with your legs straight. Gently bend your right knee and hip towards your buttocks as you breathe out. Slowly lower your leg back down to the bed as you breathe in. Repeat with your left leg.

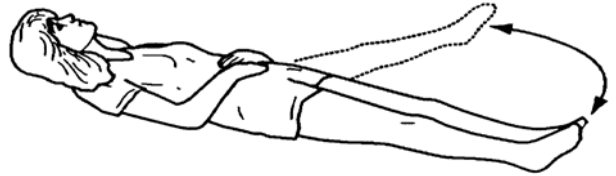


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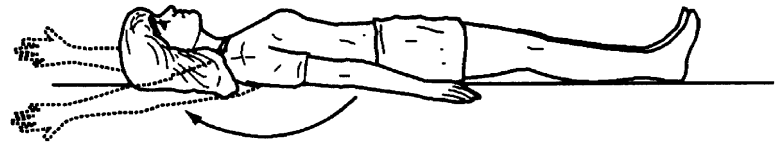
❑ Hip Abduction

Start with your legs straight. Move your right leg out to the side as far as you can while you breathe out. Pull your leg back to the middle as you breathe in. Repeat with your left leg.



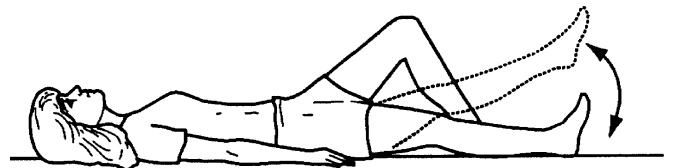
❑ Shoulder Abduction

Start with your arms at your sides. Move your right arm out to your side and towards your head as you breathe in. Return your arm to your side as you breathe out. Repeat with your left arm.



❑ Straight Leg Raises

Start with your right leg straight and the opposite leg bent. Slowly raise the leg off the bed as you breathe out. Keep your knee straight. Lower the leg to the bed and breathe in. Repeat with left leg.



❑ Short Arc Knee Extension

Place rolled pillow under right knee. Keep knee against pillow and straighten your leg as you breathe out. Lower the leg to the bed as you breathe in. Repeat with left leg.



- **Talk to your doctor or others on your health care team if you have questions. You may request more written information from the Library for Health Information at (614) 293-3707 or email: health-info@osu.edu.**