

## Physiotherapy Department

# Advice for Patients on bed rest

You have been given this leaflet because you have been advised to remain on bed rest by the medical team responsible for your care.

The specific restrictions and duration of the bed rest is decided on an individual basis and will be dependent on your diagnosis. For clarification speak to the medical team leading your care.

### **The importance of breathing exercises whilst on bed rest**

- Whilst you are on bed rest, you will be less active and are likely to take shallower breaths. Deep breaths are important for effective lung function and clearance of phlegm/ secretions.
- Pain or discomfort in your chest/ back or abdomen (tummy) can mean you will be reluctant to breathe as deeply or cough as strongly as normal. This will put you at risk of developing a chest infection.

You will be advised to do deep breathing exercises (see below) by your medical team, nursing team or physiotherapist. Please do these exercises regularly, as advised, to minimise the risk of a chest infection.

Carry out your breathing exercises each waking hour whilst you are on bed rest and until you are out of bed and moving around

### **Breathing exercises:**

- Breathe in slowly through your nose and out through your mouth.
- Breathe in fully, drawing air to the bottom of your lungs.



## Patient Information

**Do this six times, holding every third breath for five seconds.**

- Cough deeply from your stomach to your throat. You may or may not cough up some phlegm.
- If you cough up some phlegm spit it into a pot or tissue and repeat the cycle until you are no longer coughing up any phlegm.

**Repeat the exercises every waking hour**

If pain is stopping you from performing these exercises regularly, do inform your nurse so that you receive the right amount and type of pain relief.

## Bed exercises

These exercises will help keep the strength in the muscles in your legs that are important for standing and walking and will also help to maintain the range of movement in your joints.

**Please do not commence these exercises until advised by a physiotherapist.**

### Static quadriceps (thigh muscle)

**Position;** flat in bed with leg out straight. Pull your toes up towards your knee and push your knee down into the bed. **Hold for 5 seconds and release.**



Repetitions: \_\_\_\_\_

Sets: \_\_\_\_\_

## Patient Information

### Static glutes (bottom muscles)



Position; flat in bed. Contract your bottom muscles making sure you don't tense your leg or stomach muscles.

Repetitions: \_\_\_\_\_

Sets: \_\_\_\_\_

### Ankle exercises (dorsiflexion and plantarflexion)

Pull your foot up towards you as much as you can then point your foot away from you. Repeat on both legs.



Repetitions: \_\_\_\_\_

Sets: \_\_\_\_\_

## Patient Information

### Further Information

If you have any concerns or queries regarding your exercises then please ask your nurse/ physiotherapist for advice. Alternatively you can telephone the Therapy Department on 024 7696 6013.

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To give feedback on this leaflet please email [feedback@uhcw.nhs.uk](mailto:feedback@uhcw.nhs.uk)

#### Document History

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