



BED EXERCISES FOR ELDERLY



Hamstring Sets

1. Lay on your back with one leg bent and your foot on the mattress.
2. Without moving your leg, press your heel into the mattress.
3. Hold for 5 seconds, then relax.



Quad Sets

1. Lay on your back with your legs straight.
2. Without moving your leg, tighten the muscle on the top of your thigh, pressing the back of your knee into the mattress.
3. Hold for 5 seconds, then relax.



Hip Abduction

1. Lay on your back with your legs straight.
2. Move one leg out to the side as far as you can without bending at your side.
3. Keep your toes and knees pointing at the ceiling.



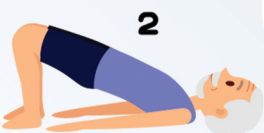
Straight Leg Raise

1. Lay on your back with one leg bent and your foot on the mattress.
2. Tighten your stomach muscles and lift your other leg about 6 to 8 inches above the mattress, then lower.



Bridge

1. Lay on your back with your knees bent and feet flat on the mattress.
2. Tighten your stomach muscles, squeeze your buttocks, and lift your hips into the air until they are straight, or as far as you can go. Then lower.



Lower Trunk Rotation

1. Lay on your back with your knees bent and feet flat on the mattress. Keep your back flat, then slowly drop your knees to the right toward the mattress as far as you can go.
2. Then, bring your knees up and over to the left.



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Knee to Chest



1. Lay on your back with your legs straight. Use your hands to slowly pull one knee toward your chest until you feel a gentle stretch.
2. Hold for 20 to 30 seconds, then repeat on the other side.

Ankle Pumps



1. Lay on your back with your legs straight.
2. Point your toes toward your head as far as they will go.
3. Then point your toes away from you as far as they will go.
4. A helper can also push the toes toward the head and hold for 20 to 30 seconds

Overhead Shoulder Flexion



1. Lay on your back with your legs straight. Clasp your hands together or hold a light object (such as a can or a towel) with both hands.
2. Tighten your stomach muscles and lift your hands up and over your head as far as you can go.
3. Try to keep your elbows straight and your back flat on the mattress.
4. Then, slowly lower your hands back down.

Wrist Stretch



1. Lay on your back.
2. With one hand, gently press your opposite hand down, moving your palm closer to your forearm.
3. Hold for 20 to 30 seconds.
4. To stretch your wrist in the opposite direction, gently press your opposite hand up, bringing the back of your hand closer to your forearm.
5. Hold for 20 to 30 seconds, then relax.

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Neck Stretch

1. Lay on your back.
2. Slowly bring your right ear toward your right shoulder until you feel a stretch on the left side of your neck.
3. For an extra stretch, you can gently hold the left side of your head with your right hand.
4. Hold for 20 to 30 seconds, then relax.
5. Repeat on the other side.



Posterior Pelvic Tilt

1. Lay on your back with your legs bent and your feet flat on the mattress.
2. Slowly press the small of your lower back into the mattress.
3. Hold for 5 seconds, then relax.



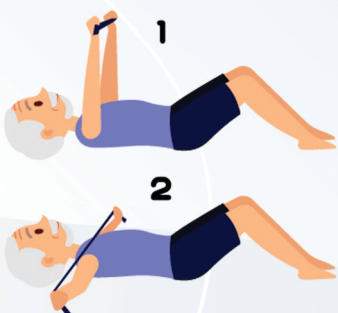
Supine March

1. Lay on your back with your legs bent and your feet flat on the mattress.
2. Tighten your stomach muscles and lift one knee toward your chest.
3. Slowly lower your foot back down to the mattress, then repeat on the other side.



Glute Set

1. Lay on your back with your legs straight.
2. Tighten your buttocks muscles.
3. Hold for 5 seconds, then relax.

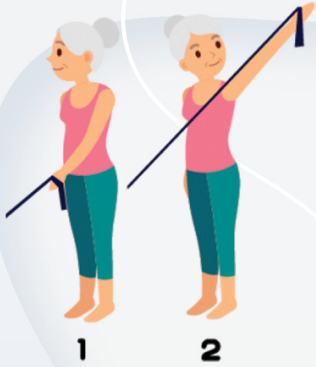


Band Pull Aparts

1. Lay on your back with your legs straight.
2. Hold a resistance band with your hands about shoulder-width apart, palms facing down.
3. Tighten your stomach muscles and gently squeeze your shoulder blades together as you pull your hands apart.

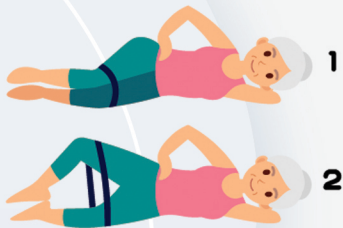


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Diagonal Shoulder Flexion

1. lay down your back and hold one end of a resistance band in each hand.
2. Put your hands at your right hip.
3. Lift your left hand up and over your left shoulder, moving in a diagonal line.
4. Try to keep your elbow straight. Then lower.
5. To switch sides, simply place your hands over your left hip and lift with your right hand.



Clamshells

1. Lay on your side with your knees bent.
2. Place a resistance band around your lower thighs.
3. Tighten your stomach muscles and bring your knees apart.
4. Keep your feet together and your hips stacked on top of each other.
5. You can also do this on your back with your knees bent and feet flat on the mattress.