

Notes :

Basic Bed Activity Exercise Program

1 Shoulder flexion



Lying on your back with knees bent and arms by your sides, palms facing the ceiling.
Slowly raise your arms straight overhead in an arc fashion as far as possible, keeping your chin tucked-in.
To progress, repeat holding a stick in your hand.

Sets: 1 Reps: 5-10 Weight: None Freq: Twice Daily

2 Hip/knee flexion



Exhale and contract your abdominals.
Lift one knee towards you and lower the leg on the inhale.
Repeat on the other side.

Sets: 1 Reps: 5-10 Weight: None Freq: Twice Daily

3 Strengthening ASLR



Lie on your back with one knee bent and the affected leg completely straight. Lift your leg off the bed to 45 degrees, keeping it straight. Lower the leg to the starting position and repeat.

Sets: 1 Reps: 5-10 Weight: None Freq: Twice Daily

4 Glute bridge



Lie on your back with your knees bent.
Contract your buttocks to lift your hips off the ground until your trunk is aligned with your legs.
Slowly return to the initial position and repeat.

Sets: 1 Reps: 5-10 Weight: None Freq: Twice Daily

5 Transverse recruitment



Lay on your back on a firm, flat surface with your knees bent, feet flat and head supported on a pillow.
Place your hands just above your hip bones in front and slightly toward the centre of your belly on each side to monitor the contraction of the transversus abdominis muscle.
Find your neutral spine position by slowly rolling your hips backward to press your back toward the surface, then slowly roll your hips forward to lift your back away from the surface. Slowly move between these two positions to find your most comfortable position. This is your neutral spine position.
Keep your neutral spine position throughout the exercise.
Gently pull your belly button toward your spine (abdominal bracing), you should feel a slow and deep tension under your fingers without any superficial abdominals activation (rigidity of the rib cage) or any movement of the pelvis.
Hold the contraction for the recommended time.

Sets: 1 Reps: 5-10 Weight: None Freq: Twice Daily

6 TA activation, heel lift



Lie on your back with your knees bent and your back in neutral position (slightly arched).
Engage your core by recruiting your pelvic floor and transversus abdominis.
Lift one foot slightly off the surface and hold the position for the recommended time, breathing normally.
Slowly lower your foot to the surface and repeat with the other foot.
Keep your back and pelvis completely still at all times.

Sets: 1 Reps: 5-10 Weight: None Freq: Twice Daily

7 Mini crunch



Lie on your back with your knees bent and arms crossed on chest.
Tuck your chin in and lift your upper body up enough to lift your shoulder blades from the ground while exhaling.
Return slowly to the initial position while inhaling and repeat.
To progress, repeat with your hands behind your head or with your arms stretched out overhead.

Sets: 1 Reps: 5-10 Weight: None Freq: Twice Daily

8 Cat and dog stretch



Start on all fours with your back straight, hands under the shoulders and knees under the hips.
To do the dog stretch, slowly inhale and let the belly fall toward the floor to arch the back and extend the head at the same time.
To do the cat stretch, slowly exhale, round the back and tuck the chin to the chest.
Alternate between these two positions slowly.

Sets: 1 Reps: 5-10 Weight: None Freq: Twice Daily