

# Keep moving in hospital

Getting up, dressed and moving can help you to feel better and sleep better. If you have been asked to stay in bed, ask the ward staff how you can move and exercise safely. They can also help you to do what matters most to you.

## Keeping moving can help your:

- Breathing
- Wound healing
- Muscle strength
- Digestion
- Recovery
- Independence
- Confidence

## Keeping moving can reduce your risk of:

- Falling
- Sore or broken skin
- Blood clots in your legs or lungs
- Feeling confused
- Constipation and incontinence
- Pneumonia

### Don't forget to:

Sit in a chair or sit up – Sit up or in a chair for your meals and at other times when possible.



Keep in touch with friends and family – ward staff can let you know how.

Move about and exercise – on the ward either alone or with help if you feel able.



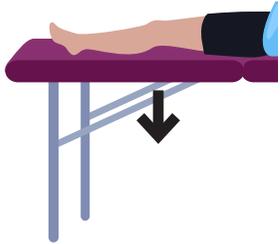
Keep your mind active – read, socialise, do a puzzle, play a game or craft. Ask staff about activities that are available on the ward.

Ask the ward staff for information, advice and help to keep moving.



**Before doing these exercises: seek advice if you have been told not to move a limb, if your ward physiotherapist has given you an exercise sheet, or if you have been told to be careful or to avoid exercising. During the exercises- stop and seek advice if the movement causes a lot of pain, pins or needles or loss of feeling, chest pain, severe breathlessness, sudden rapid palpitations, irregular heartbeat, dizziness or sudden change in vision**

### Knee press

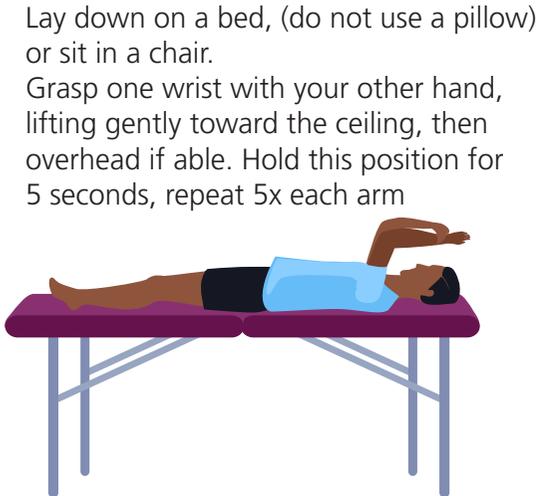


Lie down in bed with your legs flat  
Tighten the muscles on the front of your thigh by trying to push your knee down into the bed  
Hold for 5 seconds then relax  
Repeat 5x each leg



Scan here for instructional video

### Arm lift

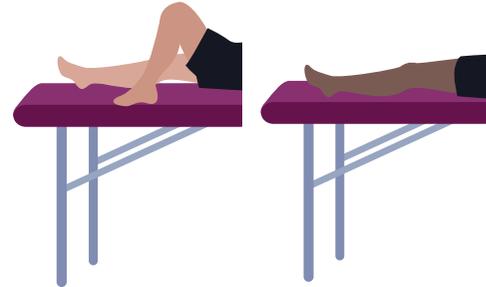


Lay down on a bed, (do not use a pillow) or sit in a chair.  
Grasp one wrist with your other hand, lifting gently toward the ceiling, then overhead if able. Hold this position for 5 seconds, repeat 5x each arm



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### Knee bend

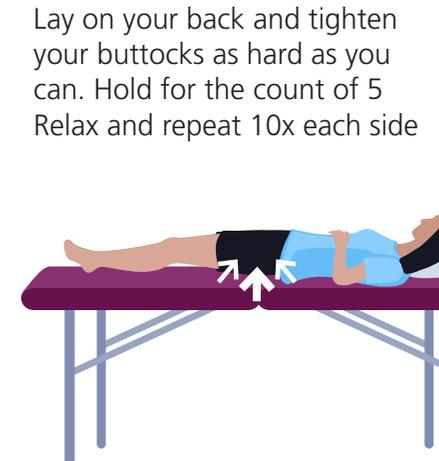


Lie down in bed with your legs straight  
Bend one knee up as far as you can without using your arms, then straighten it so it's flat on the bed again  
Repeat 5x each leg



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### Bottom squeeze



Lay on your back and tighten your buttocks as hard as you can. Hold for the count of 5  
Relax and repeat 10x each side



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### Straighten Leg



Sit upright in a chair  
Straighten your knee, lifting your lower leg out in front of you  
Slowly lower your foot back to the floor  
Repeat 10x each leg



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### Marching on the spot

Sit upright in a chair  
Lift your thigh up off the chair, to march your knee up and down  
Repeat 10x each leg.



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### Arm Bend



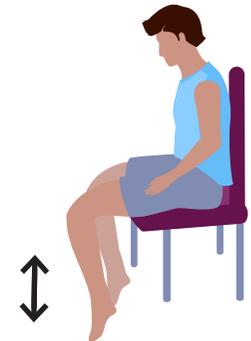
Sit upright in a chair  
Start with your arm straight down  
Bend your elbow to bring your hand up towards your shoulder and then lower again. To make this more difficult you can hold something like a water bottle. Repeat 10x each arm



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### Heel lift

Sit in chair.  
Lift your heels off the floor, and then lower down slowly.  
Repeat 10x each foot.



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