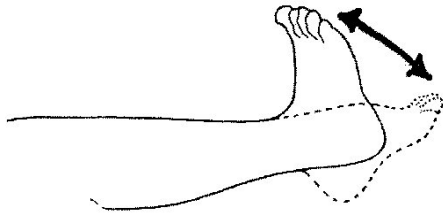
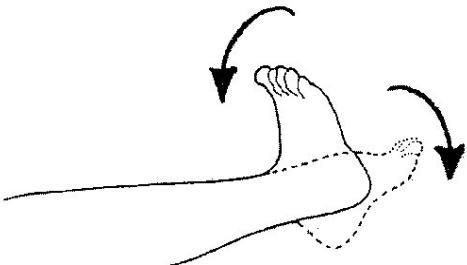
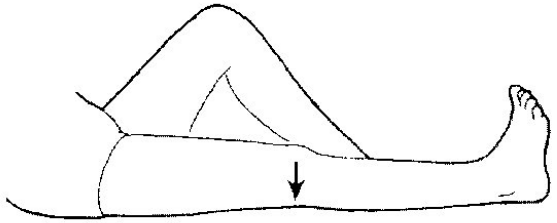
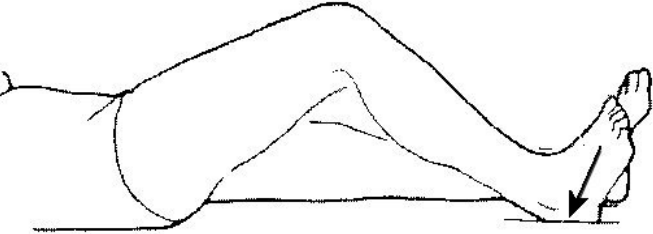


BED EXERCISES FOR THE OBSTETRIC PATIENT

You doctor has ordered bed rest for you to protect you and your baby. In order to maintain strength, flexibility, and circulation, your doctor has recommended exercises to be done while you remain in bed.

- All exercises should be done slowly and gently.
- DO NOT hold your breath.
- DO NOT push or “bear down”.
- Do the exercises 3 times a day (mid-morning, mid-afternoon, and evening).
- Place a small towel under your right hip while performing the exercises.
- If you have any questions, ask you nurse.

<p>ANKLE EXERCISES</p> <p>1. Move Feet up and Down 15 times. May do BOTH feet at the same time.</p>	 A line drawing of a right leg lying flat on a bed. A dashed line shows the foot flexed upwards towards the knee. A double-headed arrow above the foot indicates the range of motion between the flat and flexed positions.
<p>2. Move feet in circles to right 15 times. Move feet in circles to the left 15 times. May do BOTH feet at the same time.</p>	 A line drawing of a right leg lying flat on a bed. Two curved arrows originate from the foot, one pointing clockwise and one pointing counter-clockwise, indicating circular motion.
<p>QUAD SETS</p> <p>Press knees into bed, tightening thigh muscles. Hold 5 seconds. Repeat 15 times. May do BOTH legs at the same time.</p>	 A line drawing of a person lying on their back with knees bent. A downward-pointing arrow is positioned on the lower leg, indicating the direction of pressure to be applied to the bed.
<p>HAM SETS</p> <p>Bend knees slightly, dig heels into bed. Hold 5 seconds. Repeat 15 times. May do BOTH legs at same time.</p>	 A line drawing of a person lying on their back with knees bent. A downward-pointing arrow is positioned at the heel of the foot, indicating the direction of pressure to be applied to the bed.

BED EXERCISES FOR THE OBSTETRIC PATIENT

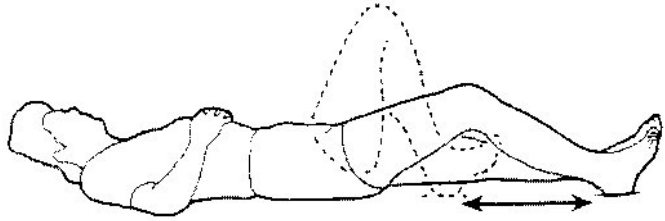
GLUT SETS

Squeeze buttocks together. Hold 5 seconds. Repeat 15 times.



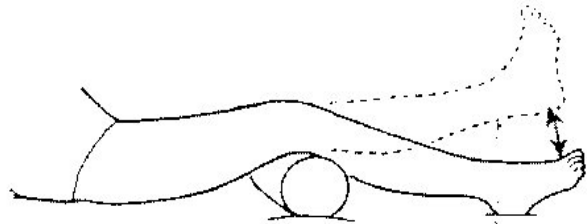
HEEL SLIDES

Slide heel slowly towards you, bending your knee. Hold 5 seconds. Straighten leg and repeat 15 times. Do **ONE** leg at a time.



KNEE EXTENSIONS

Place rolled towel or pillow under knees. Gently lift feet off bed. Hold 5 seconds. Repeat 15 times. May do **BOTH** legs at the same time.



LEG LIFTS

Bend one leg slightly. Keep the other leg straight and lift 10"-12". Hold 5 seconds. Repeat 15 times. Do **ONE** leg at a time.

