

## Bed Exercise 2

### Thigh muscle (quadriceps) strengthening

#### Static quads

**Difficulty Level:** Easy

#### Benefits for example:

- improved circulation
- maintains and improves strength and control around the knee
- improved strength of these muscles enables you to stand up from sitting
- improved strength of these muscles also enables you to stand and walk.

#### Instructions

With your toes pointing towards the ceiling, push the back of your knee into the bed. Hold for 5 – 10 seconds and then relax.

Repeat \_\_\_\_\_ times, \_\_\_\_\_ times a day



  
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The evidence used in the preparation of this leaflet is available on request. Please email: [patient.information@salisbury.nhs.uk](mailto:patient.information@salisbury.nhs.uk) if you would like a reference list.