

Bed Exercise 3

Thigh muscle (quadriceps) strengthening

Inner range quads

Difficulty level: moderate – progression from static quads exercise

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
 - * stand and walk
 - * go up and down a step or stairs.

Instructions:

With a rolled towel placed underneath your knee, lift your foot off the bed until your knee is straight. Hold for 5 – 10 seconds.

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 if you would like a reference list.