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Bed Exercises

These exercises are to help your circulation and breathing. Your physiotherapist will show you these exercises at first, you should continue with them during your hospital stay. Do the first 3 exercises 10 times every hour, or whenever you are awake. Exercise both feet and thighs.

Ankles:

Paddle your feet up and down and circle them round and round.

Knees:

Brace your knees back so that you can feel the muscle tighten on the front of the thigh.

Hold for a count of 3 and then gently relax.

Your knee caps should move slightly.

Bottom:

Clench your buttock muscles together and hold for a count of 3 before relaxing.

Breathing:

Place your hands on the sides of your rib cage.

Take a deep breath and feel your ribs being pushed out to the side as you expand your lungs.

Do this 3 or 4 times every hour.

This will make sure you get a good exchange of air in the bottom pockets of your lungs.

It will also help to prevent you from developing a chest infection.

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