

Bed Exercise 5

Bridging

Pelvic control

Difficulty level: moderate

Benefits for example:


- maintains and improves strength and control around the hip
- improved strength of these muscles enables you to:
 - * sit safely
 - * stand correctly to enable walking
 - * help you to move in bed to get comfortable or to help you get out of bed.

Instructions

Bend your knees, keeping your feet flat on the bed. Push through your feet and lift your bottom a couple of inches off the bed, then lower it slowly. If possible do this slowly with a short pause at the top for no more than 3 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.