

## Bed Exercise 7

### Heel slides

**Difficulty level:** difficult

#### **Benefits** for example:

- maintains and improves strength and control around your hip
- improved strength of these muscles enables you to:
  - \* stand up from a sitting position
  - \* maintain an upright posture when standing
  - \* step when walking
  - \* climb stairs
  - \* lift legs to put on clothing.

#### **Instructions**

Slide the heel of your foot towards your bottom, bending your knee. Then slowly bend it back down again.

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



  
If you need your information in another language or medium (audio, large print, etc) please contact Customer Care on 0800 374 208 or send an email to: [customercare@salisbury.nhs.uk](mailto:customercare@salisbury.nhs.uk)

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

Please complete The Friends & Family Test to tell us about your experience at: [www.salisbury.nhs.uk/FriendsFamily](http://www.salisbury.nhs.uk/FriendsFamily) or download our App from the Apple App store or Google Play Store.

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.