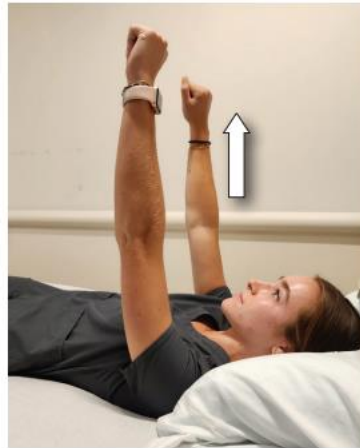


## Anterior Press

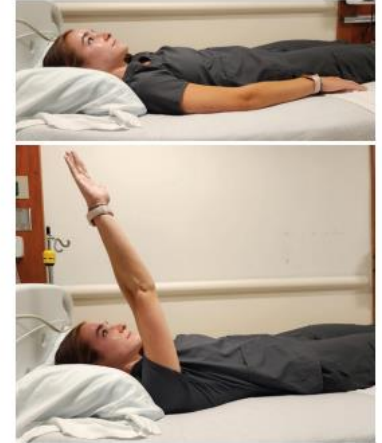
1. Lie on your back with arm reaching up towards ceiling.
2. Keep your elbow straight and lift your shoulders off the bed (towards the ceiling).
3. Lower back down.



LEVEL 1: BED LEVEL | UPPER BODY EXERCISES IN SUPINE

## Shoulder Flexion

1. Lie on your back.
2. Lift one arm towards ceiling.
3. Hold 5 seconds and lower back to bed.



LEVEL 1: BED LEVEL | UPPER BODY EXERCISES IN SUPINE

## Shoulder Abduction

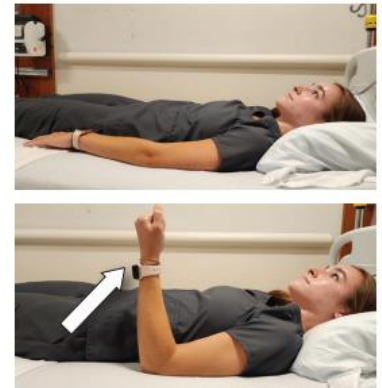
1. Lie on your back with hands at your sides.
2. Slide your arm up over your head (like you are making a snow angel).
3. Return arm to your side.



LEVEL 1: BED LEVEL | UPPER BODY EXERCISES IN SUPINE

## Bicep Curls

1. Lie on your back.
2. Straighten your arm by your side.
3. Bend at your elbow and lower back down.



LEVEL 1: BED LEVEL | UPPER BODY EXERCISES IN SUPINE

**\*\*Always check specific orders or with your provider/therapy team, as you may have exercise restrictions\*\***

## Crossing Midline and Assisting Bed Mobility

1. Lie on your back.
2. Bend your left knee and reach left arm towards right side of bed.
3. Roll onto your right side.
4. Push through your left arm to return to your back.
5. Repeat towards the left side.



LEVEL 1: BED LEVEL | UPPER BODY EXERCISES IN SUPINE

## Short Arc Quads (SAQs)

1. Lie on your back.
2. Place pillow or towel under your knee.
3. Lift foot off bed until knee is straight.
4. Hold 3 – 5 seconds and lower.



LEVEL 1: BED LEVEL | LOWER BODY EXERCISES IN SUPINE

## Heel Slides

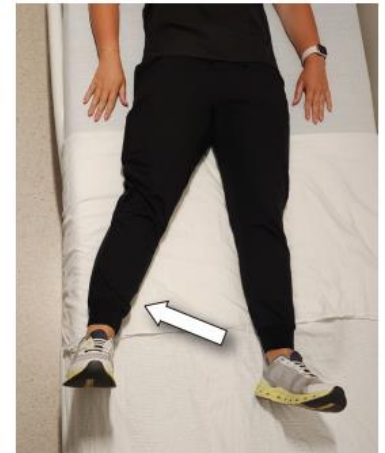
1. Lie on your back.
2. Slide your heel toward your bottom keeping heel on bed.
3. Lower until knee is straight.



LEVEL 1: BED LEVEL | LOWER BODY EXERCISES IN SUPINE

## Hip Abduction

1. Lie on your back.
2. Move your leg out to the side keeping your knee straight.
3. Bring leg back to middle.



LEVEL 1: BED LEVEL | LOWER BODY EXERCISES IN SUPINE

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## Hip Adduction

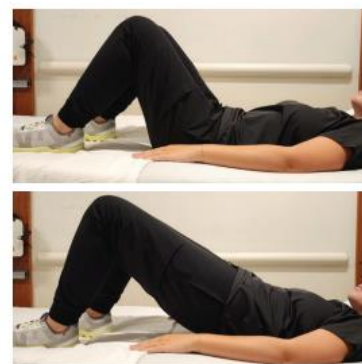
1. Lie on your back with knees bent.
2. Place a folded pillow between your knees.
3. Press knees together and squeeze the pillow firmly.
4. Hold 5 seconds.



LEVEL 1: BED LEVEL | LOWER BODY EXERCISES IN SUPINE

## Bridge

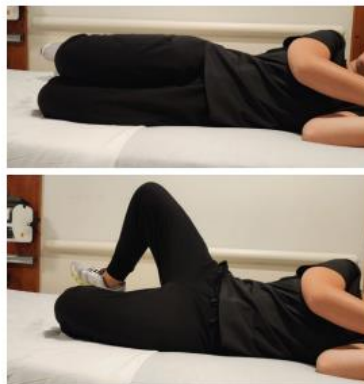
1. Lie on your back and bend your knees so your feet are flat on the bed.
2. Press your heels into the bed to lift your hips off the bed.
3. Return to starting position.



LEVEL 1: BED LEVEL | LOWER BODY EXERCISES IN SUPINE

## Hooking Lying Clamshells

1. Lie on your back with your knees bent.
2. Place an elastic band around your knees (if available) and then pull your knees apart.
3. Return your knees together, slowly.



LEVEL 1: BED LEVEL | LOWER BODY EXERCISES IN SUPINE

## Glute Sets

1. Lie on your back.
2. Squeeze your buttocks and hold 5 seconds.



LEVEL 1: BED LEVEL | LOWER BODY EXERCISES IN SUPINE

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## Quad Sets

1. Lie on your back with one leg straight.
2. Tighten your top thigh muscle to press the back of your knee downward.
3. Hold 5 seconds.



## Ankle Pumps

1. Bend your foot up and down at your ankle joint as shown.



LEVEL 1: BED LEVEL | LOWER BODY EXERCISES IN SUPINE

LEVEL 1: BED LEVEL | LOWER BODY EXERCISES IN SUPINE

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