

# Walker & Hall Chartered Physiotherapists

## Advice - Bed

Personal Exercise Program

t: 01695 570002

e: enquiries@walkerandhall.co.uk

w: www.walkerandhall.co.uk



---

PLEASE READ BEFORE CONTINUING

1



### WARNING AND DISCLAIMER

**BEFORE** you commence any form of exercise or treatment programme you should **FIRST** consult with your General Practitioner (GP) or Physiotherapist.

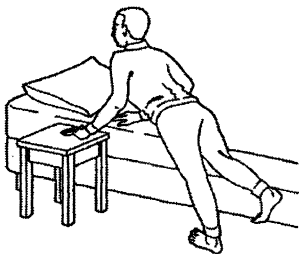
Any exercise holds an element of risk if undertaken without supervision or if performed incorrectly. If you are unsure how to perform **ANY** of the exercises shown on this site then you **SHOULD** consult with your General

Practitioner (GP) or Physiotherapist **BEFORE** commencing.

If you feel any discomfort or pain during the exercises you should **STOP IMMEDIATELY**.

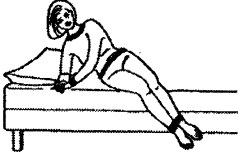
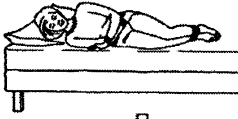
The information found within this site is for general information only and should **NOT** be treated as a substitute for advice from your own doctor or physiotherapist. The exercises and other advice described are **NOT** suitable for everyone. You should **NOT** begin any exercise routine without consulting a qualified health practitioner particularly if you are pregnant, nursing, elderly, or if you have any chronic or recurring conditions. Any application of exercises suggested is at the reader's sole discretion and risk. Walker and Hall Chartered Physiotherapists accept no responsibility or liability for any loss or injuries caused directly or indirectly through the performing of any exercises given within this website or associated material produced by Walker and Hall Chartered Physiotherapists. The authors of any information associated with Walker and Hall Chartered Physiotherapists do not guarantee that any recommended exercises will work, or that you will produce benefits for yourself. Always consult your own General Practitioner (GP), if you're in any way concerned about your health or anything associated with it.

---



Getting out of bed: some people find it easier to roll onto tummy first.

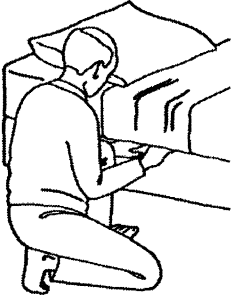
©Jean Oliver



Getting in and out of bed: roll onto side first and keep your back straight (generally but not always with the painful leg on top)

©Jean Oliver

---

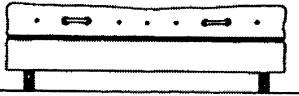


Bedmaking: kneel and brace tummy muscles.

©Jean Oliver

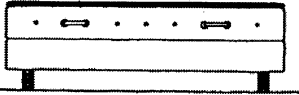
---

A



A. To make your bed firmer, put 1.5 cm chipboard between base and mattress.

B



B. To make your bed softer, put a 5 cm sheet of foam rubber or a duvet over mattress.

©Jean Oliver