Bed Exercises (BMAT Strict Bedrest; Level 1 - Level 3)

1. ANKLE PUMPS
   - Bend your foot up and down at your ankle joint as shown.
   - Repeat with both feet.
   - Repeat 5 Times
   - Hold 1 Second
   - Complete 1 Set
   - Perform 1 Time(s) a Day

2. HEEL SLIDES
   - Lying on your back with knees straight, slide one heel towards your buttock as you bend your knee.
   - Hold a gentle stretch in this position and then return to original position.
   - Repeat with the opposite leg.
   - Use blue liners if needed.

3. SHOULDER FLEXION
   - While lying on your back with your arm at your side, slowly raise it up and forward towards overhead.
   - Repeat with both arms.
   - Repeat 5 Times
   - Hold 1 Second
   - Complete 1 Set
   - Perform 1 Time(s) a Day

4. ELBOW FLEXION AND EXTENSION
   - While lying on your back, rest your elbow on a small rolled up towel. Next, bend at your elbow and then lower back down and repeat.
   - Repeat with both arms.
   - Repeat 5 Times
   - Hold 1 Second
   - Complete 1 Set
   - Perform 1 Time(s) a Day

Seated Exercises (BMAT Level 2 – BMAT Level 4)

1. SEATED MARCHING
   - While seated in a chair, draw up your knee, set it down and then alternate to your other side.
   - Repeat 5 Times
   - Hold 1 Second
   - Complete 1 Set
   - Perform 1 Time(s) a Day

2. SHOULDER FLEXION
   - While sitting or standing with your arm at your side, slowly raise it up and forward towards overhead.
   - Repeat 5 Times
   - Hold 1 Second
   - Complete 1 Set
   - Perform 1 Time(s) a Day

3. KNEE EXTENSIONS
   - While seated with your knee in a bent position, slowly straighten your knee as you raise your foot upwards as shown.
   - Repeat 5 Times
   - Hold 1 Second
   - Complete 1 Set
   - Perform 1 Time(s) a Day

4. BICEP CURLS
   - Bend your elbow and move your forearm upwards. As you lower back down, begin bending the opposite elbow upwards.
   - Repeat 5 Times
   - Hold 1 Second
   - Complete 1 Set
   - Perform 1 Time(s) a Day