These are exercises you can do while in bed. The highlighted areas show where you’ll feel the muscles working.

While lying down:

**Ankle bends**
- Pump your ankles up and down.
- Do this for 1 minute and then relax.
- If you are able, do this once every hour while you are awake.

**Heel slides**
- Slide your heel towards your buttocks.
- Keep your heel and buttocks on the bed.
- Relax and repeat 10 times with each leg.
- If you are able, repeat this 3 times each day.

**Heel push**
- Allow your knee to bend a little.
- Push your heel into the bed by tightening the muscles on the back of your thigh.
- Hold for 5 seconds.
- Relax and repeat 10 times with each leg.
- If you are able, repeat this 3 times each day.