

Indications for doing bed/floor exercises:

- When you are too dizzy to do exercises sitting or standing
- When you are too fatigued to do exercises sitting or standing
- When you are too weak to maintain a good sitting posture for exercise
- When you are recuperating from a surgery or another illness
- When you are working to improve breathing and training breathing techniques with exercise
- When posture needs improvement
- When pain is limiting upright exercise

Sequence of bed/floor exercises:

- Segmental Breathing
- Shoulder Press/ Cover the Bones
- Head Press
- Leg Lengtheners/Arm Lengtheners
- Buttock Squeezes
- Elbow Press
- Bridging
- Angels in the Snow
- Arm Press
- Belly Lying Alternate Hip/Leg lifts
- Head Lifts
- Propping on elbows

May add resistance with bands, dumbbells, or cuff weights. When you can perform 2 sets of 10 repetitions with quality movement and coordinated breathing you are ready for bigger challenges.

Start with sets of 5 reps, then 8 reps, then 12 reps. When this is doable work up to 2 sets of 5, then 8, then 12 reps of an exercise. After that you definitely need to add resistance. Different exercises will necessitate different numbers of repetitions due to our asymmetries and the size of different muscle groups.

Incorporate pre and post self-massage techniques

For a thorough exercise regimen that progresses logically in difficulty I continue to recommend:

The MS Gym by Trevor Wicken: themsgym.com

Bed Exercise recommendations from the work of Sarah Meeks, PT-Osteoporosis specialist