

Clinician Notes

Be Steady Supine Home Exercise Program. We have created this home program to help you stay strong and flexible. This program is a guideline for exercises to be performed in a lying position on your bed. The recommendations should only be used as a reference. Please pace yourself and always stay in your comfort zone.

Supine Bridge

REPS: 10

SETS: 2

DAILY: 1

WEEKLY: 3



Setup

Begin lying on your back with your arms resting at your sides, your legs bent at the knees and your feet flat on the ground.

Movement

Tighten your abdominals and slowly lift your hips off the floor into a bridge position, keeping your back straight.

Tip

Make sure to keep your trunk stiff throughout the exercise and your arms flat on the floor.

Clamshell

REPS: 10

SETS: 2

DAILY: 1

WEEKLY: 3

1



2



Setup

Begin lying on your side with your knees bent and your hips and shoulders stacked.

Movement

Engage your abdominals and raise your top knee up toward the ceiling, then slowly return to the starting position and repeat.

Tip

Make sure to keep your core engaged and do not roll your hips forward or backward during the exercise.

Supine Lower Trunk Rotation

REPS: 10

SETS: 2

DAILY: 1

WEEKLY: 3



Setup

Begin lying on your back with your knees bent and feet resting on the floor.

Movement

Keeping your back flat, slowly rotate your knees down towards the floor until you feel a stretch in your trunk and hold.

Tip

Make sure that your back and shoulders stay in contact with the floor.

Supine 90/90 Alternating Toe Touch

REPS: 10

SETS: 2

DAILY: 1

WEEKLY: 3



Setup

Lie on your back with your knees bent.

Movement

Lift your legs off the ground to form a 90 degree angle. Slowly lower one leg, touching your toes to the floor, then return to the starting position and repeat with the opposite leg.

Tip

Do not allow your low back to arch during the exercise.

Small Range Straight Leg Raise

REPS: 10

SETS: 2

DAILY: 1

WEEKLY: 3



Setup

Begin lying on your back with one knee bent and your other leg straight.

Movement

Tighten your abdominals and lift your straight leg a small distance from the floor. Then lower it back down and repeat.

Tip

Make sure to keep your low back flat against the floor and your knee straight during the exercise.

Long Sitting Quad Set

REPS: 10

SETS: 2

DAILY: 1

WEEKLY: 3



Setup

Begin sitting upright on the floor with one leg laying straight and your other knee bent.

Movement

Straighten your leg, pushing your knee toward the floor, and hold.

Tip

Make sure to keep your back straight during the exercise.

Supine Shoulder Flexion with Dowel

REPS: 10

SETS: 2

DAILY: 1

WEEKLY: 3



Setup

Begin lying on your back with your knees bent and both hands holding a dowel rod.

Movement

Keeping your elbows straight, lift your arms straight up overhead as far as is comfortably possible.

Tip

Make sure to keep your shoulders in contact with the floor and do not let your back arch during the exercise.

Sidelying Thoracic Rotation with Open Book

REPS: 10

SETS: 2

DAILY: 1

WEEKLY: 3

1



2



3



Setup

Begin lying on your side with your legs bent at a 75 degree angle and your arms together straight in front of you on the ground.

Movement

Slide your top hand back and forth over your bottom hand 5 times, rotating your shoulders. Then, lift your top arm straight up and over to the floor on your other side.

Tip

Make sure to keep your knees together and only rotate your back and upper arm. Your hips should stay facing forward.

Supine Quad Set

REPS: 10

SETS: 2

DAILY: 1

WEEKLY: 3



Setup

Begin lying on your back with one knee bent and your other leg straight with your knee resting on a towel roll.

Movement

Gently squeeze your thigh muscles, pushing the back of your knee down into the towel.

Tip

Make sure to keep your back flat against the floor during the exercise.

Supine Gluteal Sets

REPS: 10

SETS: 2

DAILY: 1

WEEKLY: 3

1



Setup

Begin lying on your back with your hands resting comfortably.

Movement

Tighten your buttock muscles, then release and repeat.

Tip

Make sure not to arch your low back during the exercise or hold your breath as you tighten your muscles.