

# EXERCISE PLAN

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For Doctor's Approval

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**Dear Doctor,**

I would like to do some light exercises while on bed rest. The exercises in this mini workout were chosen by a physical therapist as potential exercise options for me to discuss with my physician.

**Attached you will find:**

- A mini-circuit for me to do 1-3 times per day while I'm on bed rest

Please circle **yes** or **no** next to each exercise to indicate which exercises are appropriate and safe for me to do. There is also a place for you to **add comments** at the bottom of the page.

Sincerely,

Pregnant Mommy

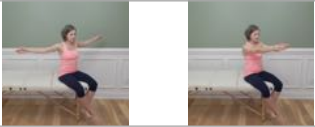


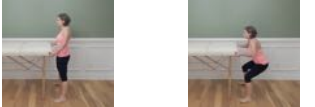

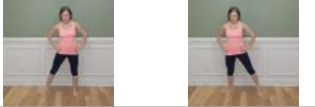

Questions?  
Please visit:  
[www.healthyquickfit.com](http://www.healthyquickfit.com)  
Christine Iverson, PT, DPT, OCS

Healthy *and* Quick  
& Everything Fit

# Healthy and Quick & Everything Fit




## During Bed Rest Mini- Workout ONLY Perform Selected Exercises With Doctor's Approval

1-3 times daily | Body weight only (no weights)

OK?				OK?			
YES	Flys: 20 reps			YES	Mini Calf Raise: 20 reps		
NO				NO			
YES	Scaption: 20 reps			YES	Counter Squat: 20 reps		
NO				NO			
YES	Knee Extension: 20 per side			YES	Tush Sways: 20 per side		
NO				NO			
<p>*Before starting mini calf raises (next exercise), march in place and take some deep breaths. If you feel dizzy or lightheaded, sit back down and try again slowly after a few more deep breaths.</p>				YES	Mini Glute Pump: 10 per side		
				NO			

### Light Stretching

Do these 3 stretches at the end of your mini-workout: 15 seconds each stretch, each side.

OK?	Calf Stretch	OK?	Thigh and Hip Stretch	OK?	Hamstring Stretch
YES		YES		YES	
NO		NO		NO	

Complications that may impact exercise for me:

- Pre-eclampsia
- High blood pressure
- Gestational diabetes
- Other: \_\_\_\_\_

Additional exercise instructions/ restrictions: