

STARTING SAFELY: BED & SUPPORTED PILATES

MOBILATES MOVEMENT GUIDE

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mobilates®

STRONGER THAN
YESTERDAY

WHO THIS GUIDE IS FOR

This guide is designed for people who find movement difficult, painful, or tiring, or who are recovering from illness, injury, flare-ups, or periods of reduced activity.

It is suitable if you:

- Prefer to start movement in bed or lying down
- Experience chronic pain, fatigue, dizziness, or low energy
- Experience symptoms related to postural intolerance, such as feeling light-headed, faint, nauseous, or unwell when sitting or standing upright for long periods
- Live with conditions such as POTS, Addison's disease, Chronic Fatigue Syndrome, Ehlers-Danlos Syndrome (EDS), fibromyalgia, or other long-term health conditions that affect energy levels, mobility, or exercise tolerance
- Are rebuilding confidence with exercise
- Need to conserve energy during the day

All exercises can be adapted to your comfort level and performed at your own pace



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MOBILATES MOVEMENT GUIDE

INTRODUCTION



Mobilates is a gentle, adaptable approach to movement designed to support people of all ages and abilities.

It combines Pilates-inspired exercise, functional movement, and mindful pacing to help you move in a way that feels safe, achievable, and sustainable.

These guides are designed for people who may be living with long-term health conditions, pain, fatigue, or reduced mobility.

You do not need previous experience to begin, and every exercise can be adapted to suit your body and how you feel on the day.

We understand that movement can sometimes feel uncertain when you're experiencing pain or managing a health condition.

That's why Mobilates focuses on choice, control, and gradual progress rather than pushing through discomfort.

You are encouraged to work at your own pace, listen to your body, take breaks when needed, and choose the version of each exercise that feels right for you - whether that is in bed, seated, or standing.

This guide focuses on starting safely using bed-based movement and supported positions to help you rebuild confidence and gentle mobility.

HOW TO USE THIS GUIDE

- Start with the simplest version of each exercise
- All movements can be done in bed
- Move slowly and gently, within a comfortable range
- Take breaks whenever needed
- You do not need prior experience
- Small amounts of movement are still valuable

A guided video session is available via the QR code at the end of this guide.

PREPARING FOR BED MOVEMENT

Before you begin, you may wish to:

- Adjust pillows to support your head, knees, or shoulders
- Move bedding to create a slightly firmer surface if needed
- Keep a phone nearby
- Ensure you feel settled and comfortable
- You can wear anything comfortable - including pyjamas.
- Keep well hydrated

CORE MOVEMENT EXERCISES



1



Gentle Breathing & Rib Expansion

What it helps with: Helps relax the body and reconnect with gentle breathing patterns.

How to do it:

- Lie comfortably on your back or sit supported
- Place hands on your lower ribs
- Inhale gently through the nose
- Feel ribs expand sideways
- Exhale slowly through the mouth
- Repeat 5–8 times

Make it easier: Keep breaths very small and relaxed.

2



Pelvic Tilts

What it helps with: Gentle movement for the lower back and pelvis.

How to do it:

- Lie on your back with knees bent
- Inhale to prepare
- Exhale and gently tilt pelvis to flatten lower back
- Inhale to return to neutral
- Repeat slowly

Make it easier: Place a pillow under knees.

3



Hand & Foot Activation (“Pumping Blood”)

What it helps with: Supports circulation and helps reduce stiffness after rest.

How to do it:

- Gently curl and stretch fingers
- Slowly point and flex toes
- Move at a steady, relaxed pace
- Continue for 30–60 seconds

Make it easier: Wriggle the fingers and toes



4

Arm Reach Across the Body

What it helps with: Helps ease stiffness through the side body.

How to do it:

- Lie with arms out wide
- Gently reach one arm across the body
- Return to centre and repeat other side
- Move slowly and breathe naturally

Make it easier: Make the movement smaller



5

Gentle Knee Rolls

What it helps with: Supports gentle spinal mobility and relaxation.

How to do it:

- Lie on your back with knees bent
- Slowly let knees move side to side
- Keep movement small and relaxed
- Return to centre between sides

Make it easier: Decrease the range of movement or have legs slightly wider



6

Side-Lying Leg Movement

What it helps with: Supports hip mobility and gentle strengthening.

How to do it:

- Lie on your side with head supported
- Bend knees and have heels in line with the head
- Slowly lift top leg up and down
- Move with control and ease
- Switch sides if comfortable

Make it easier: Keep the top leg lowered and imagine movement



7

Dying Bug

What it helps with: Supports coordination, gentle core strength, and controlled movement.

How to do it:

- Lie on your back with knees bent and arms reaching toward the ceiling
- Inhale to prepare
- As you exhale, slowly move one arm and the opposite leg away from your body
- Keep the movement small and controlled
- Return to the starting position
- Repeat on the other side

Make it easier: Move just the arms or just the legs, keep movements small and rest between each repetition

Safety note: Only try this if earlier movements feel comfortable. Stop if it feels too effortful or difficult to control.



8

Gentle Side Stretch

What it helps with: Encourages gentle shoulder mobility.

How to do it:

- Lie or sit supported
- Slowly lift one arm overhead or as far as comfortable
- Lower with control
- Repeat both sides

Make it easier: Reduce range of movement or stay lying down and reach one hand towards the toes then return to centre and repeat on the other side.



SAFETY & MOVEMENT GUIDELINES

- Move only within a comfortable range
- Stop if pain increases or feels sharp
- It is normal to have good and low energy days
- Gentle movement is still beneficial
- If unsure, seek advice from a healthcare professional

TAKING CARE WITH POSITION CHANGES

Some people may feel dizzy, light-headed, unsteady, or uncomfortable when changing positions, especially when moving from lying down to sitting or standing.

If this applies to you:

- Move slowly and take pauses between position changes
- Roll onto your side before sitting up
- Sit for a moment before standing
- Keep water nearby if helpful
- Use support from the bed, chair, or another person if needed
- Stop and rest if symptoms increase It is completely okay to remain seated or lying down for longer if that feels safer or more comfortable for your body.

SUPPORT FOR LONG-TERM CONDITIONS

If you are living with a long-term health condition such as EDS, Osteoarthritis, fibromyalgia, or persistent pain, you may also find our additional resources helpful.

- Exercise with Chronic Health Conditions Series:
<https://www.mobilates.com/blog/categories/specific-conditions>
- Spotlight on Classes Series:
<https://www.mobilates.com/blog/categories/spotlight-on-classes>
- Seated, Standing Confidence and Managing Pain and Long Term Health Conditions Mobilates guides (full progression series)

TRY A GUIDED SESSION

Scan the QR code to access a gentle Bed Pilates session you can follow at home. This session mirrors the movements in this guide and allows you to move at a slow, supportive pace.

