

We will encourage you to 'do it yourself' where possible.



Washing yourself



Getting dressed in your own clothes



Sitting out in the chair

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Staying Active in Hospital

This leaflet can be made available in alternative languages / formats on request.

如有需要，本传单可提供其他语言/版式
此單張的其他語言/格式版本可按要求提供

Na żądanie ta ulotka może zostać udostępniona w innych językach/formatach.

Patient Name: _____

How to stay active in hospital

There are many small ways you can increase your activity level whilst in hospital.

- Ask relatives to bring in shoes/slippers, day clothes and your walking stick/frame (if used).
- Carry on what you were doing at home (washing & dressing, walking to the bathroom) and wearing your own clothes during the day.
- Sit out of bed for all meals
- Sit out in the chair when you have visitors
- Walk around the ward (alone or with help if needed)
- Let the ward know what you are normally capable of at home so they can support you to stay at this level.

Deconditioning occurs when people lose their abilities to do everyday activities over a period of time, often caused by inactivity.

Regaining lost abilities can often take twice as long as losing them! 35% of muscle strength is lost with 7 days of bed rest!

The best thing to do is.....

Sit up....Get Dressed.....Keep Moving!

The facts

Research has shown that bed rest is not a good way to recover from many illness, injuries or surgeries. Staying in bed may lead to other complications and make your stay in hospital longer. Prolonged bed rest can cause:

- Chest infections
- Pressure sores
- Weaker muscles and tiring more quickly
- Increased risk of falls due to muscle weakness
- Reduced independence with day to day activities
- Digestion problems/constipation
- Confusion
- Reduced confidence

**Do you want to comment on or know more about
Therapy Services? Call: 01744 646989**

#end  **paralysis**
get up get dressed be active