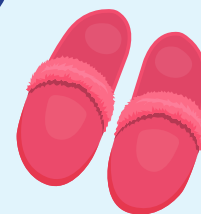


END P↓ J PARALYSIS↑

NHS
Grampian

Staying active in hospital



Current research shows that bed rest is not a good way to recover from illness and / or surgery. In fact it may take longer and increase the length of time you are in hospital.

Getting up and dressed, sitting up out of bed especially for meals and walking about if you can will help you recover more quickly.

Get up



Get dressed



Get moving



Use your
muscles
or you risk
losing them!

