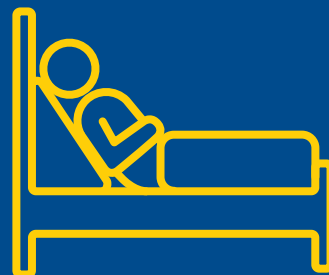


Bed Rest is Bad



Immobility is associated with the following **negative outcomes**:

Skeletal muscle atrophy and weakness

Atelectasis

Pressure ulcers

Joint contractures

Thromboembolic disease



bit.ly/everybodymoves



This document, created by Johns Hopkins Activity and Mobility Promotion, is licensed under a Creative Commons Attribution-NonCommercial-NoDerivs 4.0 International License. To view a summary of license, please access <http://creativecommons.org/licenses/by-nc-nd/4.0/>