

Staying active in the hospital

To recover, keep moving!



Whatever your age, it's important to keep moving during your stay in hospital. Eager to go home? Here's what you can do to recover faster.



ATTENTION

If you have just had surgery, ask a member of your healthcare team if you can follow these tips.

Why stay active in the hospital?

To maintain or recover your abilities and independence as quickly as possible.

Staying active:

- helps maintain muscle strength
- keeps your blood moving and lowers the risk of blood clots
- improves appetite and helps digestion
- reduces the risk of bed sores (skin injuries due to constant pressure on the same spot)

Even if you have less energy right now, try to stay active. As we age, this is even more important, because we lose strength more easily!

On average, this is how long it takes to recover lost strength:

1 day in bed = 3 days of recovery

1 week in bed = 3 weeks of recovery

How do I do it?

The important thing is to move regularly while respecting your limits.

- > **Get out of bed regularly**, sit in the chair, and get up and walk whenever you have the chance.
- > Sit in the chair to eat your meals.
- > As much as possible, take care of your own personal hygiene.
- > Divide your activities into short periods, as needed. Two 5-minute walks, for example, are just as good for you as one 10-minute walk.

If you have trouble getting up or walking, don't hesitate to ask for help from a loved one or from a member of the hospital staff.

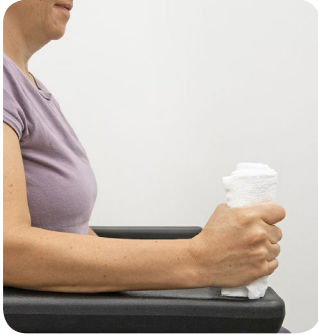


Take advantage of visits from family and friends to go walking with them. Your shoes should be safe, that is, closed, with flat heels and soles that grip the floor well. Ask them to bring them along with your cane or walker, if you use those.

Moving is easy!

Do exercises once or twice a day. Hold each position for a few seconds and repeat each exercise 5 to 10 times.

These exercises should not cause any pain. If you have pain, tell your health care team.



- 1 Squeeze a towel in your hand for 5 seconds. Repeat with the other hand.



- 2 Breathe in while raising your arms, then breathe out while lowering them. You can do this in bed or in a chair.



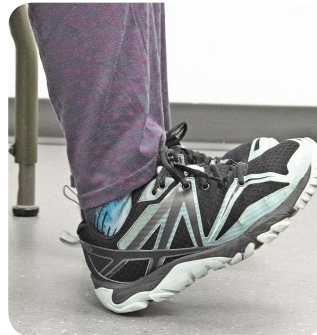
- 3 Tighten your buttocks as much as possible. Hold for 5 seconds, then release. You can do this in bed or in a chair.



- 4 Sitting in a chair, extend one leg at a time, keeping the thigh in contact with the seat. Then lower the leg. Repeat with the other leg.



- 5 In bed or in a chair, raise one knee towards your chest. Then bring it back down. Repeat with the other leg.



- 6 Lift your toes while keeping your heels on the floor. Then, point your toes downward and lift your heels. This exercise can also be done in bed.



USEFUL RESOURCES

Other health sheets published by the CHUM are available. Ask for those that might fit your situation.



You can also find them on our web site chumontreal.qc.ca/fiches-sante

The content of this document in no way replaces the recommendations and diagnoses made, or the treatment suggested by your health professional.

To find out more about the Centre hospitalier de l'Université de Montréal
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