Staying active in the hospital
Recover better with exercise

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Whatever your age, it's a good idea to be active during your hospital stay. This fact sheet gives you tips and exercises you can do to recover well.

⚠️ **ATTENTION**

If you've just had surgery, ask a member of your care team if you can follow these tips.

Why should I stay active in the hospital?

To keep or regain your abilities and autonomy as quickly as possible. Staying active:

– maintains muscle strength

– activates blood circulation and reduces the risk of blood clots

– gives you an appetite and helps your digestion

– reduces the risk of bed sores (pressure sores)

Even if you have less energy right now, make an effort to stay active. This is even more important as we get older, because we lose strength faster!

On average, here's how long it takes to recover lost strength:

1 **day in bed = 3 days to recover**

1 **week in bed = 3 weeks to recover**

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 take every opportunity to get up and walk around. This can be in your bedroom or in the hallway.

> Eat your meals sitting in the chair.

> Do as much of your own hygiene care as possible.

> Break down your activities into short periods of time, as needed. Walking 3 times for 5 minutes, for example, is as beneficial as walking once for 15 minutes.

> Do the exercises in the appendix on page 3 regularly.

Take advantage of visits from friends and family to walk with them.

Are there any precautions I should take?

Do what you can within your limits. The exercises shouldn't cause you any pain.

If you're in pain or feel unwell (e.g. you're dizzy or very short of breath), stop. Tell your care team right away.

Who can I contact for help or to ask questions?

Don't hesitate to talk with your care team.

Questions

Personnes-ressources et contacts

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

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Do these exercises during your hospital stay to recover more quickly.

TIPS

> Do 2 or 3 exercise sessions per day.

> Hold each position a few seconds.

> Don't hold your breath during the exercises.

> **Repeat each exercise 5 to 10 times.** With time, you'll be able to do 2 series of 10 repetitions with a small break between the 2 series.

Exercise 1

Sit in a chair with your hands on the armrests. Lean forward and stand up by pushing with your legs.

Straighten up completely. Then slowly sit back down by bending your hips and knees.

If this is too easy, do the same thing with your arms crossed over your chest.

Exercise 2

Lie on your back with your legs bent and your feet resting on the mattress. Raise your pelvis as high as possible while squeezing your buttocks. Slowly return to the starting position.

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Exercise 3

Gently lean against the end of the bed. Stand on your tiptoes and slowly lower yourself down.

Exercise 4

Gently lean against the end of the bed. Then extend one leg sideways. Don't lift your pelvis or lean forward. Then return to the starting position. Do the same with the other leg.

Exercise 5

Gently lean against the end of the bed. Raise one leg forward, bending your knee and keeping your back straight. Then return to the starting position. Do the same with the other leg.

Exercise 6

Inhale as you raise your arms. Then exhale while slowly lowering them. You can do this exercise in bed or in the chair.

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