

# Tips for Staying Mobile



From the first day of your admission to your last, we want to incorporate mobilization into your daily care routine. Whether it be repositioning in bed every 2 hours, walking around the unit three times a day, or somewhere in between, our staff is committed to keeping YOU on the Move.

## Things you can do throughout the day...

Sit in a chair or at the edge of your bed for meals

Walk to the bathroom or use a commode instead of the bed pan

Walk around the unit (if your team says it's safe)

Complete your exercises

Change positions in bed often

Brush your teeth

Brush your hair

Help get cleaned up (sponge bath)

Get Dressed

*Please be sure to go over your personal mobility plan with the team before trying any of these activities.*

## What you can expect while in the hospital...

- Support to keep you moving
- A team that will keep you safe and help you keep moving
- Help to achieve your personal mobility goals

## What we expect from you...

- Call, don't fall!
- Take part in your care including:
  - Talk about your goals with the team
  - Work together with nurses to get out of bed each day
  - Help your team with bathing, dressing, and other things you would do at home every day
  - Work with your therapy team

## Importance of Mobility

- Faster Healing
- Decreased pain
- Reduced chance of getting pneumonia and other conditions
- Shorter hospital stay/get home sooner (if this is your safe discharge plan)
- Gets you back to doing what you enjoy!