

Mobility is more than just walking – it's everything you do to stay active!

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!



Strong Memorial Hospital
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UR On the Move

Striving to get you moving your best during your stay



Our goal is to deliver safe, high quality care and help you have a good experience in the hospital.

We know this is a difficult time and we want to work together during your hospital stay.

Moving when you feel sick can be hard, but moving around is safe and can help you heal faster. You can help yourself get better by moving while you are in the hospital.

This brochure has tips to help keep you moving while you are in the hospital.



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! If you aren't moving on your own
- 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



Things you can do to stay moving while you are here

- Sit in a chair or at the edge of your bed for meals
- Walk to the bathroom instead of using a commode or bedpan
- Get out of bed, and in a chair, as much as you can
- Walk around if your team says it's safe
- Have family members help with your exercise program
- Change positions often in bed or in the chair

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