

Bed Rest is Bad



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

Skeletal muscle atrophy and weakness

Atelectasis

Pressure ulcers

Joint contractures

Thromboembolic disease



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Did your patient get out of bed today?



Even if your patient cannot walk far, encourage them to get out of bed as much as possible.



Stand beside bed



Move to chair



Eat in chair



Stand while brushing teeth

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