



**Get up
Get dressed
Get moving**



Get Up, Get Dressed, Get Moving

A stay in hospital often means you need to spend time in bed. But staying in bed can weaken your muscles. Over time, this may reduce your independence because you are weaker and find it harder to move.

As soon as you feel well enough, your healthcare team will encourage you to get up, get dressed and get moving so you can help yourself recover.

Why is it so important that I get moving again?

- ✔ You can get back any muscle strength that you lost when you were unwell and help improve your independence.
- ✔ You can re-build a sense of control, self-confidence and structure to your day. This can help improve your overall sense of wellbeing. A healthy mind and healthy body go hand in hand.
- ✔ You can increase your chances of getting home sooner.
- ✔ Over time, you can improve your fitness and strength, which reduces your chance of getting sick or injured again.

Who should get up, get dressed and get moving?

Everyone who is in hospital should get up, get dressed and get moving when their healthcare team agrees they are well enough. This is especially important for older people.



Why should I wear my own clothes when I am in hospital?

If you get dressed in your own clothes, you are more likely to walk around, feel more confident, and it can help restore your sense of self.

It is also important to be comfortable, so loose-fitting trousers and tracksuits are a good idea. You also need comfortable shoes, such as flat, supportive shoes or runners that fit you well.

Bring these clothes with you when you come to hospital. Or ask a relative, friend or carer to bring in some comfortable clothes and footwear for you.

What can I do to get started?

First, check with your healthcare team to make sure that you are well enough to start moving again. Also, find out if there are any movements you need to be careful with.

Move every day so it becomes a habit. We all need to ‘move to improve’ and ‘train to gain’.

If you use mobility aids, continue to use them. These may include eye glasses, hearing aids, a walking stick or a walking frame. Before you come to hospital, remember to put your name on your mobility aids.

If it is suitable, your healthcare team may encourage you to walk with your nurse, healthcare assistant, physiotherapist, occupational therapist or your visitors.

Still concerned?

If you are concerned about doing more movement, please discuss this with a member of your healthcare team. There are many reasons you may not want to get up, such as pain, tiredness, weakness or a fear of falling. If you talk about these concerns, your healthcare team can address them.

What are the best ways to move?

Depending on your healthcare needs, you may benefit more from:

- exercising in your chair or in bed
- standing for longer times
- walking with your healthcare team or family
- doing activities to make you stronger

Simple exercises you can do while in hospital (once or twice a day)

1 Chair leg lifts

- Sit down on a firm chair.
- Straighten and raise your right leg and hold it for three seconds.
- Put your leg back down with your foot flat on the floor.
- Repeat this with your left leg.
- Repeat the move up to 10-15 times.



2 Chair marching

- Sit down.
- Lift your right knee up towards the ceiling as high as you can.
- Put your leg back down with your foot flat on the floor.
- Do the same with your left knee.
- Repeat this move up to 10–15 times.



3 Heels and toes

- Sit down.
- Lift up the heels of both feet at the same time while you keep your toes on the floor. Put your heels down again.
- Lift up your toes. Try to lift up so that only your heels are touching the floor. Put your toes down again.
- Repeat this move up to 20 times.



4 Arm lifts to the front

- Sit down.
- Lift both arms up in front of you as high as they can go.
- Slowly, lower your arms back down to your sides.
- Repeat this move up to 10–15 times.



5 Arm lifts to the side

- Sit down.
- Lift both arms out to the sides as high as they will go.
- Slowly, lower your arms back down to your sides.
- Repeat this move 10–15 times.



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