

University Hospitals of North Midlands

Sit Up

Get Dressed Keep Moving

Prolonged bed rest in older people can lead to substantial loss of muscle strength and physical activity

When an older person comes into hospital and lies in bed it can affect their physical and psychological functional abilities







Skin can breakdown leading to pressure ulcers



Muscle and joint stiffness, leading to reduced ability to walk



Increased risk of falls due to muscle weakness

Increased confusion or disorientation



Further immobility due to inactivity

Deconditioning syndrome



Constipation and incontinence

You can get pneumonia due to prolonged bed rest



Lying in bed can affect appetite and digestion

Increased risk of swallowing problems leading to pneumonia

Clots can form in the legs and lungs

#SitUpGetDressedKeepMoving