Have an activity plan

Talk with your health care team to learn about safe activities for you to include in your activity plan. **We want to be sure you are safe to prevent you from falling.**

- Check with your nurse to see if you need staff to help you get up, so you do not fall.
- Also check with your nurse to see if your family or friends can help you to get up and walk around.

An activity plan helps you to keep your strength and build your endurance.

- Your activity plan may start with you being helped to sit at the edge of the bed or in a chair. As you tolerate that, staff will help you to walk, first in your room, and then into the hallways.
- Increase the length of time you are up in a chair or the distance you walk each day to help you gain strength.
- If you are told to stay in bed except when using the bathroom or taking a shower, do exercises in bed to stay healthy.

Please ask a member of your health care team for exercises you can do to keep up your strength.

Even if you may not feel like getting out of bed, the benefits make it worthwhile. A balance between activity and rest reduces most effects of bed rest and helps you feel less tired.

The dangers of bed rest

Many people think that resting in bed will help them recover faster. However, spending too much time lying down can have many dangerous effects on your body. **Bed rest should only be prescribed by your health care provider.**

Even a single day in bed may cause some of the following problems:

- Blood clots
- Dizziness with movement
- Depression
- Changes in eyesight or hearing
- Poor balance
- Changes in blood sugar
- Muscle weakness
- Feelings of nausea
- Stiffness and pain
- Bed sores and skin breakdown

Talk to your care team if you have any questions about your activity plan.

For more health information, go to patienteducation.osumc.edu, call 614-293-3707 or email health-info@osu.edu.