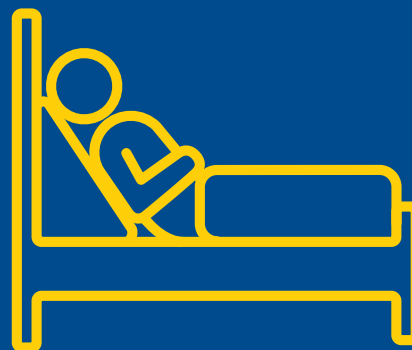


Bed Rest is Bad



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

Skeletal muscle atrophy and weakness

Atelectasis

Pressure ulcers

Joint contractures

Thromboembolic disease



bit.ly/everybodymoves



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