COVID-19: MOBILITY MATTERS

Mobility Helps Healing

Movement helps all patients recover from illness, especially those recovering from COVID-19. A few benefits of movement include:

- Maintain muscle health and function
- Prevent blood clots from developing
- Increase lung function, which can help fight COVID-19
- Control blood pressure
- Relieve stress and clear your head
- Reduce risk for bed sores

What can you do?

1. Attempt to move yourself throughout the day
2. While awake, maximize time upright in a chair or seated bed position

If You Can Walk

- Stand beside the bed
- Walk in the room as tolerated
- Walk to the bathroom for grooming activities
- Walk to the door prior to each meal

If You Cannot Walk

- Use the bedside commode instead of a bed pan
- Sit in a chair or upright position for all meals
- Wash face and brush teeth in the upright position
- Try to increase standing tolerance

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