

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

