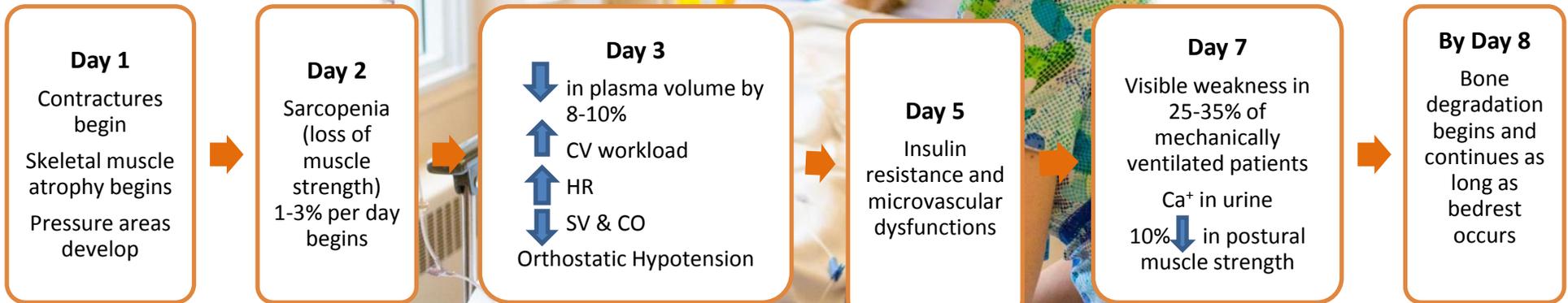
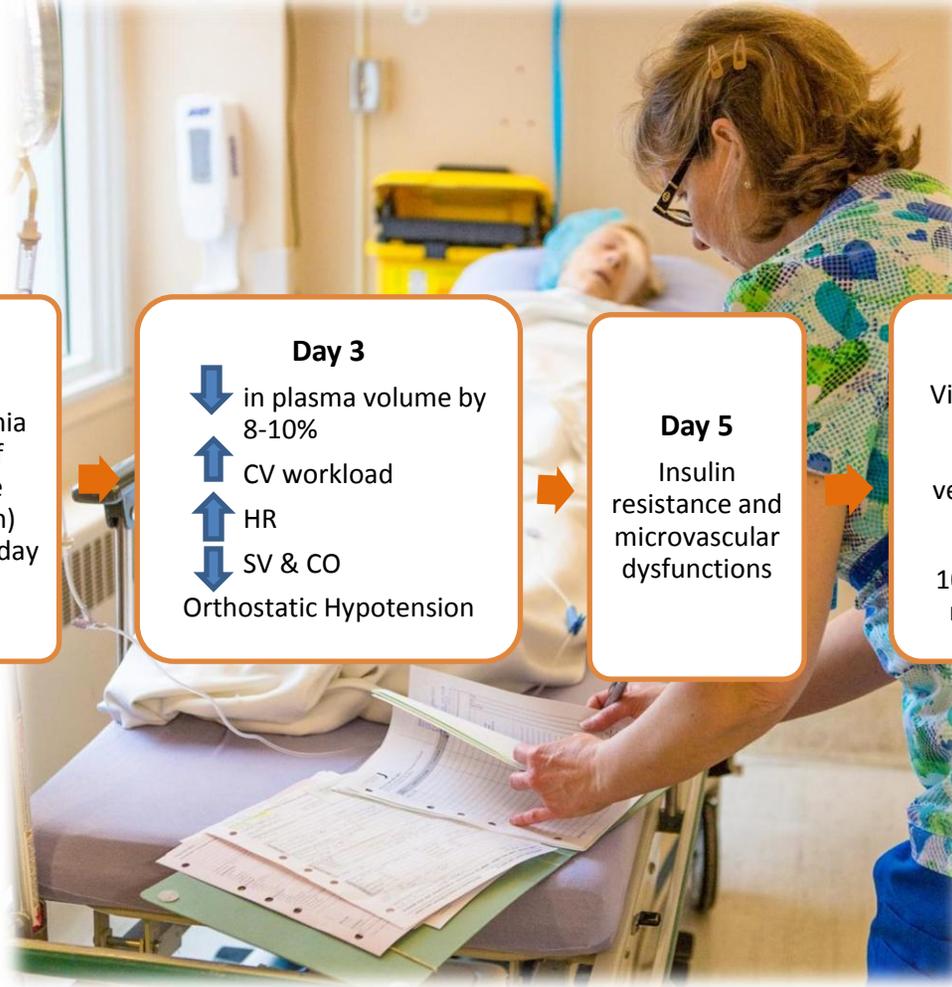


Mobility is the Best Medicine – Every Step Counts

Did you realize how quickly immobility affects all areas of health?



Ready
Set
Go

You + Your Health Care Team + Your Family
We all have a role in keeping you moving

Based on data from De Jonghe et al (2007); Hamburg et al. (2007); Kortebein, Ferrando, Lombeida, and Evans (2007); McCance and Heuther(2006); Topp, Ditmeyer, King, Doherty and Hornyak (2002); and Winkelman (2009).

Mobility is the Best Medicine – Every Step Counts

Did you know that immobility affects all of these systems?

 Pulmonary	 Cardiovascular	 GI/GU	 Musculoskeletal	 Endocrine	 Central Nervous System
Decreased vital capacity	Diuresis and natriuresis	Fluid retention	Skeletal muscle atrophy	Increased excretion of calcium, nitrogen, phosphorus	Emotional and behavioural changes
Decreased residual volume	10-20% decrease in plasma volume	Decreased peristalsis, constipation, ileus	Loss of muscle strength	Renal calculi	Anxiety, labile emotions, depression
Increased secretions and risk of aspiration	Decreased stroke volume, CO and O ₂ intake	Urinary stasis	Weakened muscles, increase in O ₂ cellular demand	Osteoporosis, fractures	Decreased attention span and intellectual performance
Pneumonia, Pulmonary Embolism, Acute Respiratory Distress	Orthostatic hypotension, Deep Vein Thrombosis	UTI, calculus formation	Loss of bone mass density	Increased insulin resistance	Altered sleep pattern
Increased risk for atelectasis	Tachycardia and heart muscle atrophy	Calcium in urine	Contractures and pressure ulcers	Decreased protein synthesis and fatty acid metabolism	Perceptual and coordination deficits



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