

**Patient
Information**

Let's put a stop to PJ Paralysis

Introduction

The 'End PJ paralysis' campaign aims to help patients to become active in their recovery, keep their independence and help improve mental wellbeing and dignity.

1. Get up

- You are encouraged, where possible, to get out of bed during the day as you would at home
- It is known that 10 days in bed can lead to 10 years of aging in the muscles of people over the age of 80. No matter what age you are, your muscles will lose strength by being in bed for longer than needed. A small loss of strength can make a difference in being able to

2. Get dressed

Getting dressed can make you feel better in yourself and get you back to your normal routine quicker

- Make sure you have clean comfortable clothes, shoes and some toiletries in your locker
- These are personal to you and will help you to keep your identity while in hospital. If possible, ask your family or friends to take home your clothing to wash and bring back some clean ones next time they visit

3. Get active

- Take every chance that you can to move around
- Try to wash and dress yourself but ask for help if needed

Taking part in therapy is a good way to improve your recovery and help you to keep active. Staying in bed too long can lead to; a higher risk of complications such as chest infections, blood clots and pressure sores and a delay in your recovery time.

Let's see you as a person and help you get home quicker, by getting up, dressed and getting active again.

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Department

**Therapy
Department**

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Contact information

This leaflet was created by the Trauma and Orthopaedic Therapy Team at Gloucestershire Royal Hospital.

Find our more on twitter at [#EndPJparalysis](#)

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