

# **WHEN ONE IS ILL AND IN BED**



**Range of Motion and Bed Mobility will be directed, on an individual basis, by the therapist and/or nurse involved with the resident's care. It is important to follow their directions just as they are described.**

**It is vitally important to never just leave a resident lying in bed for an extended time. They need to be up in a chair or even moving around at least part of every day. If in bed, even for several hours, they need to move around and change positions regularly. Failure to do this can easily result in skin breakdowns.**

**Range of motion exercises are important if someone is ill and is not moving around very much. This keeps joints mobile, so that when they are improved they will not have significant residual problems of joints that are even more stiff and will not move.**