



York and Scarborough
Teaching Hospitals
NHS Foundation Trust

Keeping Yourself Active in Hospital

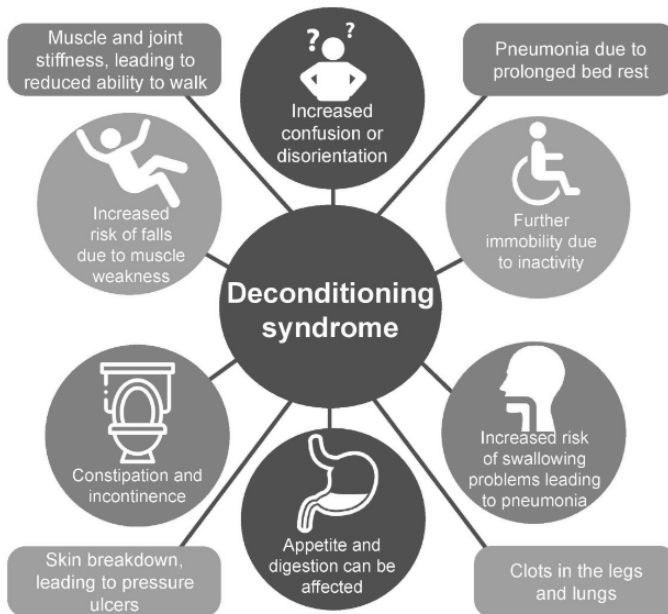
Information for patients, relatives and carers

① For more information, please contact: Emily Richards
Advanced Clinical Specialist Falls & Frailty
Telephone number: 01904 721343
Email Address: Emily.richards21@nhs.net

Contents	Page
Deconditioning.....	4
Other Falls Prevention Top Tips:.....	6
Tell us what you think of this leaflet	10
Teaching, training and research.....	10
Patient Advice and Liaison Service (PALS).....	10
Leaflets in alternative languages or formats	12

Deconditioning

Deconditioning describes the physical changes that happen when a person is inactive for a period. This is often due to illness, injury or prolonged immobility. Deconditioning can lead to a decline in muscle strength, heart condition, overall physical fitness and independence. Hospital acquired deconditioning is a **new loss** of fitness and independence. It is separate to the expected impact of illness and due to a lack of activity when in hospital. It can affect your long-term health, well-being and can cause lasting disability. Things Deconditioning in hospital can lead to include:



Graphic taken from British Geriatric Society and University Hospitals of North Midlands, 'Sit Up, Get Dressed and Keep Moving!'

Deconditioning facts

- **24-hours of bed rest** can lead to **2-5%** reduction in muscle power.
- **10 days in bed = 10 years of physical ageing.**
- **Deconditioning** can lead to an **increased** need for **care/support** on discharge from hospital and a higher rate of readmission.

Family, friends and visitors

If you have any questions about how you can support someone whilst in hospital, please ask a member of staff on the ward.

For more information on deconditioning see the below websites:



(Registration needed)

Scan the QR codes for more information.



Other Falls Prevention Top Tips:

Keeping active in hospital can help prevent deconditioning. Here are some exercises below that can support you keep active.

6 Exercises for Strength and Flexibility

Physiotherapists say these simple exercises can help improve strength and movement. Try them daily or at least twice a week.

NHS
York and Scarborough
Teaching Hospitals
NHS Foundation Trust

For every exercise sit up straight in a chair. If possible, sit away from the back of the chair and have your feet flat on the floor.



1 Heel Raises

Lift your heels off the floor and lower them. Repeat 10 times.



2 Ankle Circles

Circle your ankles 10 times. Repeat in the opposite direction. Repeat with other leg.



3 Straighten Knee

Straighten your knee and pull your toes up towards you. Hold for 5 seconds. Slowly relax to starting position and repeat 5 times. Repeat with other leg.



4 Seated Marching

Lift your feet off the floor one at a time. Count to 20.



5 Arm Reaching

Place hands on your shoulders, reach up to the ceiling. Repeat 10 times.



6 Seated Rowing

Start with your arms straight out in front. Pull your arms back in a rowing motion. Repeat 10 times.

- Make sure the chair you use is sturdy
- Wear supportive shoes
- If you experience chest pain, stop and let your nurse or doctor know
- A slight soreness the day after exercise is quite normal

Falls Prevention tips in hospital and at home

1. Footwear:

Please bring to wear in hospital a supportive shoe that fits well and is secured with a strap or laces.



2. Vision:

If you normally wear glasses, please wear them in hospital and ask for help if you need it.



3. Medications:

Many medications can affect your risk of falls. Ask your doctor or pharmacist to review your medication and your bone health every year.



4. Dizziness:

If you experience any dizziness ask your doctor or health care professional to review this as it could be caused by a drop in your blood pressure.



5. Continence:

Problems with toileting like rushing to the toilet or needing to go frequently can lead to falls. Please ask for help with going to the toilet if you needed.



6. Environment:

There are many trip hazards and obstacles in the hospital. Take your time and look out for obstacles on your route around the ward.

At home it is important to keep walkways clear of hazards and remove clutter to keep you safe.



7. Plan your call for help:

Plan how you would contact help if you fall at home. This might be through a telecare alarm or a mobile phone.



For more falls prevention support in your local area visit your local council website or the Age UK website.

Below is space for your healthcare professionals to discuss with you the elements of your current health conditions affecting your independence, the support you might need and what you can do to keep active.

Things that might stop me being activity in Hospital:

- Current health condition.
- Long-term health conditions.
- Postural hypotension (drop in blood pressure on standing).
- Medication interactions.
- Needing help to move.
- Deconditioning/ weakness.
- Visual problems.
- Hearing problems.
- Memory problems.
- Toileting problems.
- Pain
- Other:

What I will do to keep myself active:

Please write in the box activities you will do to stay active.

What my goal is for leaving hospital:

For example, to live safely at home, walk your dog etc.

Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact: Emily Richards Advanced Clinical Specialist Falls & Frailty, telephone 01904721343 or email Emily.richards21@nhs.net

Teaching, training and research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email yhs-tr.patientexperienceteam@nhs.net.

An answer phone is available out of hours.

Leaflets in alternative languages or formats

If you would like this information in a different format, including braille or easy read, or translated into a different language, please speak to a member of staff in the ward or department providing your care.

Patient Information Leaflets can be accessed via the Trust's Patient Information Leaflet website:

www.yorkhospitals.nhs.uk/your-visit/patient-information-leaflets/

Owner	Molly Simpson, Rotational Physiotherapist Emily Richards, Advanced Clinical Specialist Falls & Frailty
Date first issued	January 2026
Review Date	August 2027
Version	1 (issued January 2026)
Approved by	Safer Activity Falls Group
Document Reference	PIL 1790 v1
© 2026 York and Scarborough Teaching Hospitals NHS Foundation Trust. All Rights reserved.	