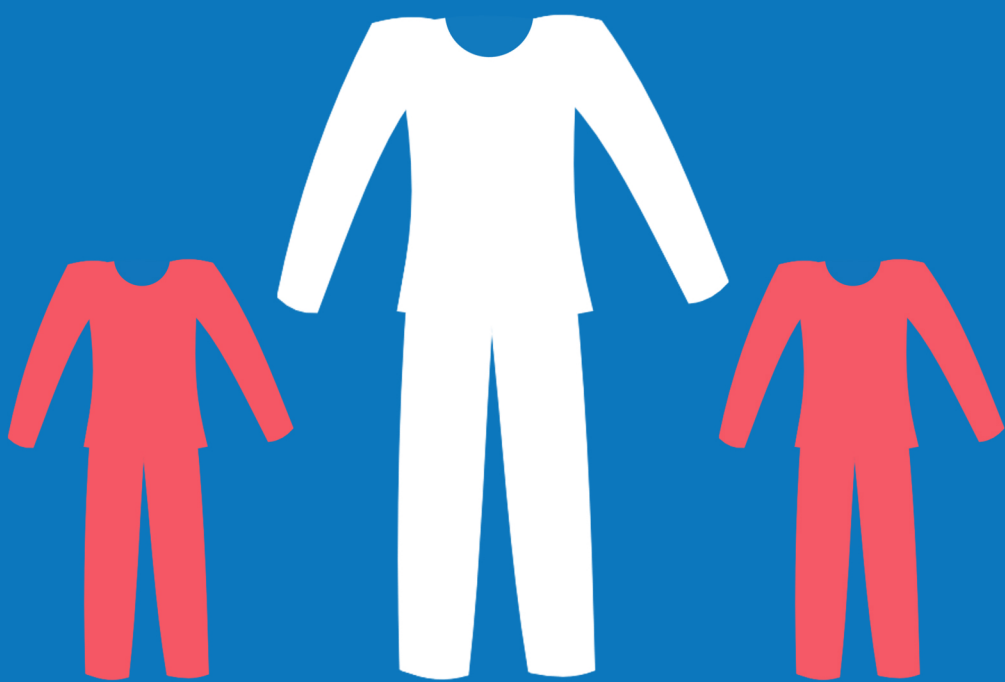


# What is PJ Paralysis?



## It's pretty simple

If patients stay in their pyjamas or gowns for longer than they need to, they have a higher risk of infection, loss of mobility, fitness and strength, and will ultimately stay in hospital longer. If we can help patients get back to their normal routine as quickly as possible, including getting up and out of bed, this will mean a quicker recovery.



Just **24 hours** of bed rest **reduces** your **muscle power** by **2.5%**, and not just in arms and legs, also your heart and lungs.

## You really should consider

Every **10 days of bed** rest in hospital is the equivalent of **10 years muscle ageing** in those over 80.



## What you can do

Get **up**

Get **Dressed**

Get **Active**

You're at your **best** when you're **up and dressed**

**#PJParalysis**