



# Reclining chair – supporting your recovery

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Version 2

## **About this leaflet**

The purpose of this leaflet is to introduce a new way to support your recovery.

Following your operation, you may be returned to a recliner chair. These have been proven to support your recovery in a number of ways including the following:

### **1. Shortened hospital stay**

Patients that walk soon after surgery are discharged earlier than those who delay movement. This is because physical activity strengthens your muscles and joints, resulting in increased circulation which can accelerate your recovery.

### **2. Improved muscle strength**

One of the many benefits of early mobilisation after surgery is improved muscle strength. Moving soon after your operation will help you regain muscle strength, which will help with your coordination, posture and balance. It will also aid in increased joint flexibility in your knees, hips and ankles. Each of these benefits will get you closer to regaining independent mobility soon after your operation.

### **3. Increased blood flow**

Early mobilisation after surgery increases blood flow. Increased blood flow offers several benefits that minimise the risk of complications and help your body heal faster.

Increased blood flow stimulates circulation and reduces the risk of blood clots. Post-operative patients are naturally at a high risk for blood clots due to decreased blood flow.

This also aids in quicker wound healing, reduced swelling and helps maximise nutrients and oxygen delivered to your surgical site. Each of these factors will help accelerate the healing process.

### **4. Improved independence**

Early mobilisation after surgery will accelerate your return to independent mobility as you patiently regain your strength. Improved independence is known to improve patients' moods and self-esteem, further aiding in a positive healing journey.

## 5. Improved physical function

Early mobilisation after surgery will also improve your physical function. Many of your body systems are naturally slowed after surgery.

## 6. Less post-operative complications

Remember, without early mobilisation, patients are at a higher risk for postoperative complications. Staying in bed for an extended period of time after surgery leads to issues such as:

- Mobility and functional restrictions
- Sleep deprivation
- Delirium
- Altered nutritional states
- Prolonged hospitalisation

## 7. Improved patient outcomes

Early mobilisation has been proven to enhance patient outcomes. It minimises complications associated with bedrest, improves bodily functions, increases strength and endurance, and encourages a positive outlook.

## ➤ Contact

If you have any questions about your recover please speak to a member of the nursing team.

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