

Bed Rest

Essential Information for Older Adults

🖺 The Hospital Impact

At Sunday Care Therapy (SCT), we understand the devastating impact that something as simple as staying in bed while in hospital can have on both your muscles and your mental well-being.

In today's busy hospitals, it's not uncommon for someone to spend weeks in bed, being inactive. Research shows the profound effects this has on muscle mass and overall health.

Up to 10% Muscle Loss

in the first 10 days of bed rest

Muscle Mass Loss Timeline

The rate and extent of muscle mass loss during bed rest is crucial information for developing interventions to improve outcomes. Below is a comprehensive breakdown based on reliable research data:

Timeframe (Days)	Muscle Mass Loss (Average %)	Key Notes
5 Days	~4%	Based on total lean mass and muscle mass loss, primarily from leg muscles
7 Days	~3.2-4.4%	Total body lean mass 3.2%, leg lean mass 4.4%, reflecting lower limb focus
10 Days	4-6%	Total lean mass ~4%, leg lean mass 6%, showing variation by measurement
14 Days	~5.5%	Reported as muscle mass loss, with fat-free mass at 5.2%, consistent range

○ Why This Matters

Muscle mass loss, often referred to as sarcopenia when age-related, is a significant concern for elderly patients. The loss is more pronounced in leg lean mass, which is predominantly muscle, due to the impact of immobility on antigravity muscles used for posture and movement.

Physical & Psychological Impact

Physical Effects

- Muscle weakness and atrophy
- Joint stiffness
- Pressure ulcers

Psychological Effects

- Depression and anxiety
- Cognitive decline
- Hospital delirium

- Deep vein thrombosis risk
- Decreased cardiovascular fitness

- Social isolation
- Loss of independence

Reduced Social Interaction

Extended bed rest leads to feelings of loneliness and isolation, which can further exacerbate depression and anxiety symptoms.

Loss of Autonomy

Being bedridden strips away independence, leading to feelings of helplessness and distress for those who value their autonomy.

The Power of Physiotherapy

Physiotherapy is essential for recovery after extended hospital stays, particularly following procedures like hip replacement surgery.

Restoring Mobility	Pain Management
Individualized exercise programs help patients gradually regain range of	Gentle stretching and strengthening exercises alleviate discomfort and
motion and strength	promote healing
Strengthening Muscles	Balance & Coordination
Focus on hip, thigh, and core muscles essential for supporting joints and	Targeted exercises enhance proprioception and improve overall stability,
improving stability	reducing fall risk

©^{*} The Role of Occupational Therapy

Occupational Therapy focuses on enabling individuals to engage in meaningful daily activities essential to their lives.

Personalized Care Plans

Tailored plans considering specific needs, limitations, and personal goals

Facilitating Independence

Strategies and adaptive techniques that empower patients to regain independence safely

Home Modifications

Assessment and recommendations for grab bars, raised toilet seats, and furniture arrangements

Æ Effective Interventions

Prevention Strategies:

- Regular monitoring by healthcare professionals
- Guided physical therapy, even while in bed
- Regular position changes
- Early mobilization when safe
- Proper nutrition support

Education & Support

Valuable information about recovery expectations and the importance of following therapy

Recovery Approaches:

- Resistance training programs
- Progressive mobility exercises
- Balance and coordination training
- Emotional and psychological support
- Nutritional optimization

Key Research Sources

- Frontiers in Nutrition: The Aging Muscle in Experimental Bed Rest Systematic Review Meta-Analysis
- ScienceDirect: Movement is muscle in hospitalized adults
- PMC: Protecting muscle mass and function in older adults during bed rest
- US Pharmacist: Sarcopenia Loss of Muscle Mass in Older Adults
- Karger Publishers: Muscle Strength and Muscle Mass in Older Patients during Hospitalization

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