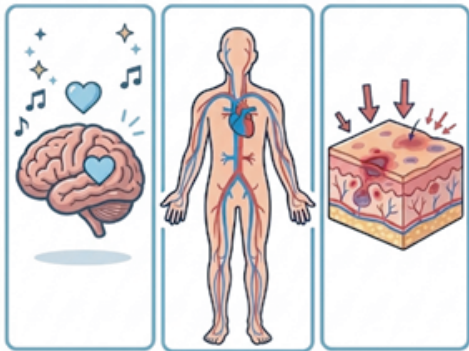


### Did you know?

- You can lose up to 7% of your muscle strength within just one week of bed rest?
- Exercise can help prevent pressure ulcers (bedsores)?
- Regular movement can help counteract deconditioning (reduced physical fitness)?
- Staying active can help prevent contractures (stiffening of muscles and joints)?
- Movement stimulates blood circulation and may promote wound healing?
- Exercise has a positive effect on your mental well-being and mood?



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NOS SEMPER T'EY!



English

# Rehabilitation

## Exercise Program



## What does the label say?

### Keep moving during your hospital stay!

To ensure your hospital stay goes as smoothly as possible, it is important to remain as active as possible during your admission.

**Sufficient and regular movement supports your recovery and helps prevent complications.**

It is also important to continue performing your daily activities as independently as possible. The Horacio Oduber Hospital supports this through the “HOH-in-Motion” program during your stay and recovery.

### What is the “HOH-in-Motion” program?

The “HOH-in-Motion” program is an accessible exercise program designed to help you stay active during your hospitalization.

You can perform the exercises independently or together with, for example, your roommate, family members or visitors. The program consists of different variations tailored to the reason for your admission.

There is a program you can do in bed and a program you can perform while seated in a chair. This allows you to stay active at any time of the day. The program is designed to help you move safely and independently while supporting your recovery.

### Are you motivated to improve your recovery and reduce the risk of complications?

Please ask the nursing staff on your floor about the possibilities of participating in the “HOH-in-Motion” program.

## MOVEMENT IS MEDICINE!

### SCAN QR CODE!



**HOSPITAL IN MOTION**



### Who can participate?

The exercise program considers as many different situations and medical conditions as possible. For example, if you are a patient with an IV-line, catheter, amputation, or wound(s), you can still participate!

It is important to look at which exercises you can do and which ones you may need to modify. For example, you can adapt exercises by performing them with one leg or one arm. Continue to challenge yourself as much as possible.

While performing the exercises, it is important to keep breathing properly and listen to your body. Stop or take a break if you notice that you become short of breath, experience palpitations or do not feel well. Please report this to the nursing staff as well. Wait until your symptoms decrease and then try again later or at another time.

