The Benefits of Early Mobilization

This information sheet presents significant benefits of early mobilization. Additionally, it is important to remember that early mobilization is both safe and feasible.

- Makes you happy
- Improves mental state and clarity of thinking
- Maintains heart function
- Helps bowel movement and function
- Increases muscle tone and blood circulation throughout the entire body
- Prevents blood clots (deep vein thrombosis)
- Stimulates motivation to recover
- Helps you breathe more freely
- Reduces pressure that causes skin deterioration
- Prevents achiness, joint stiffness, and contractures
- Promotes your independence
- Improves overall outcomes
- Speeds up your recovery