

**Have you  
walked with  
your patient  
today?**



**Recommended dose**

**Daily mobilisation to reduce  
deconditioning and keep your  
patient on their feet**

*Refer to a physiotherapist for exercises that  
can be done at the patient's bedside*

For more information talk to your health professional or visit: [www.health.qld.gov.au/stayonyourfeet](http://www.health.qld.gov.au/stayonyourfeet)