Dynamic physiotherapy for all patients admitted to the ICU according to their clinical status-describing a quality improvement program

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Author(s): Carvalho Brugger Sulamita, Caballero Jesus*, Curia Davinia, García Eva, Sabate Ivan, Sancho Marisa and Ariza Gemma

Immobilization and prolonged bed rest is associated with many complications, including delirium, muscle atrophy, decubitus ulcers, atelectasis, and bone demineralization. ...

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Mobility-Non-Exercise Physical Activity (NEPA) is the key to health and longevity

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Author(s): Margaret Arnold and Joan Vernikos*

When asking someone, whatever their age, what they consider most important to their health, the answer invariably involves their ability to maintain physical independence—basic mobility. The highest level of mobility is unlimited movement in any environment they choose. As mobility is lost, the environments in which independent movement is possible, become restricted. ...

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