



AVOID BED REST FOR PAIN

Too much bed rest can slow recovery.

Research shows that staying active has many positive benefits and can help you to continue to do the activities you enjoy for longer. Bed rest and inactivity should only be prescribed if certain activities are proven to cause harm.

Talk to a health care provider...

- Before increasing bed rest or inactivity for pain relief

Remember that:

- Daily exercise will contribute to overall health for most illnesses and injuries
- Even modified activity in most cases can help you heal faster