



MOVING & HANDLING  
AWARENESS DAY

29th  
May

## DID YOU KNOW...

In the first **seven days** of admission, inpatients have **reduced muscle strength** by up to **10%**.



Want to learn more and see how you can better support your patients? Visit [www.nationalbackexchange.org](http://www.nationalbackexchange.org) or scan the QR code.



# Reduced Muscle Strength



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- The importance of effective and timely moving and handling interventions cannot be overstated.
- Loss of muscle strength significantly increases the risk of deconditioning, reduces mobility, and can lead to longer recovery times.
- By prioritising safe and appropriate moving and handling strategies, we can mitigate these effects, maintain functional independence, and promote better outcomes for the people we support.



References: Arora, A. (2023). Recondition the nation; NHS England; Oxford Academic (2024) Age and Aging.