

End PJ Paralysis

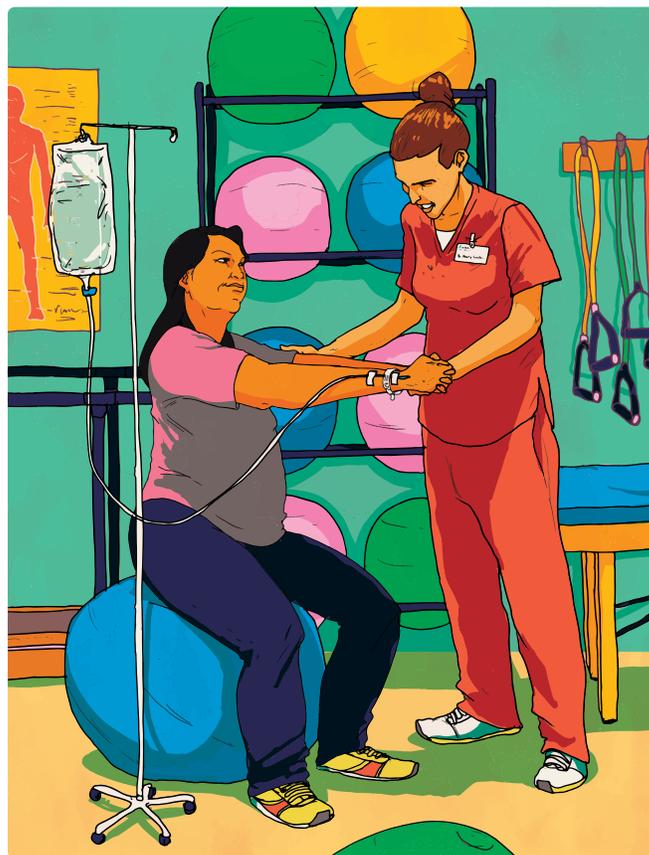
Get up. Get dressed. Get Moving.

How to help End PJ Paralysis

Words of Wisdom: from one patient to another

- Wide legs and arms are easier to put on especially if they need to go over dressings.
- Avoid garments that have tight cuffs at the feet and hands as they are more difficult to put on and take off.
- For patients having knee surgery shorts can be ideal.
- When in the Hospital, tracksuit pants with wide legs and an elasticized waist band work very well and can also be worn during recovery at home.
- Don't forget to bring any mobility aides such as a walker, cane or wheel chair that you use at home.
- We found that clothing with zippers are very easy to take on and off.
- Remember to bring clothing that can be easily washed.
- Remember you are dressing for Comfort and Ease!

“ *When in the Hospital you want wear clothes that are comfortable and easy to put on and take off. Loose fitting clothes are best.* ”



**Pyjamas say you're unwell.
Clothes say you're getting better.
Ask your care team about making a plan,
together.**