

Wellness Walkway

The Wellness Walkway in Mayo University Hospital is a space for patients to use to enhance their participation in their recovery and treatment plan. The Wellness Walkway is 130 metres long with exercise and rest stations and is a place for patients to sit and enjoy exploring some of the beautiful sights of Co. Mayo and maybe share a story or two with family, friends or staff.

How can the Wellness Walkway help me during my hospital stay?

A stay in hospital often means you need to spend time in bed, which can weaken your muscles. Over time this may reduce your independence because you are weaker and find it harder to move. Everyone who is in hospital should get up, get dressed and get moving when their healthcare team agrees they are well enough. This is especially important for older people.

STATION 1 : Standing Lower Body Exercises

Aim to do 1-3 rounds of the below exercises

Standing Hip Flexion



1. Stand tall with hands on railing for support.
2. Lift one knee up towards the ceiling and slowly lower back down.
3. Complete 10 times on each leg.

To Increase Difficulty:
Hold the knee up in the air for 10 seconds.

Standing Hip Extension



1. Stand tall with hands on railing for support.
2. Slowly swing back one leg. Keeping both legs straight.
3. Complete 8 times on each leg.

To Increase Difficulty:
Hold the leg behind you for 10 seconds before bringing the leg back to the starting point.

Mini Squats



1. Stand tall with hands on railing for support with feet hip width apart.
2. Slowly bend knees and push hips back like you are sitting down onto a chair.
3. Push up through the legs to stand up tall again.
4. Complete 8 times.

To Increase Difficulty:
Complete 12 times.

Standing Hip Abduction



1. Stand tall with hands on railing for support, feet together.
2. Slowly lift the leg out to your side about 15cm off the ground. Hold for 3 secs. Bring your leg back in.
3. Complete 8 on each leg.

To increase Difficulty:
Hold the position for 10 seconds and complete the exercise 10 times.

MAYO UNIVERSITY HOSPITAL - Physiotherapy Department

Get Up

Having a regular sleep routine has significant benefits in terms of our mental well-being and brain health. Getting up at a regular time each day, even if tired at first, regulates our sleep-wake cycle, helping us feel more alert during the day and sleeping at night.

Get Dressed

When you get dressed in your own clothes in hospital you are more likely to walk around, feel more confident and it can help restore your sense of self.

Simple actions, like choosing and putting on our clothes helps us start the day with a sense of purpose, choice and control. The other small choices we make afterwards about how to use our time can also make a big difference (leg doing a crossword, reading a book, calling someone for a chat). It's the little things that help by making each day different and meaningful, stimulating our minds, and helping our brains process and remember the days events.

Get Moving

It's natural to avoid things that make us feel tired, afraid or uncomfortable but it is important to stay active while in hospital. Moving your body, getting out of bed and walking to the toilet are a great start. When you are feeling comfortable and confident you can use the Wellness Walkway to keep moving and build up your strength gradually. Sometimes the thought of getting out of bed might feel like too much but it is important that we respond to ourselves with the same kindness and encouragement we would give to a friend.

What can I do to get started on the Wellness Walkway

You will need

- Comfortable day clothes
- Proper fitting shoes such as supportive shoes or runners
- Mobility aids if needed, this includes glasses, hearing aids and a walking stick or walking frame.

If you would like to support your family member or friend on the Wellness Walkway please speak with us about our "Purposeful Visiting; A Partner in Care Programme".

Please visit the Wellness Walkway located on the First Floor for more information.

