

Abstract

Patients who undergo surgery are at great risk for developing complications postoperative. In our own clinical experiences, we have seen complications such as deep vein thrombosis, pulmonary embolism, pneumonia, and muscle atrophy following surgical procedures. We have seen patients struggle to recover, resulting in lengthy hospital stays and deteriorated health. Such results pose a question regarding how this could be prevented. So we ask the question- Does early mobilization enhance post-surgical patient outcomes and reduce complications compared to those who do not participate in such activity?

Through reviewing academic databases and research, focusing on randomized and controlled trials, systematic reviews, and non-bias analyses, we looked to find answers and results to our question. Using this data and research, we intend to discover how and why early mobilization mitigates post-surgical complications and better patient outcomes.