

# Measurement of Physical Activity during General Inpatient Rehabilitation

ACTRN12617001026314

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**Status** RECRUITING  
**Sponsor** Sandeep Gupta  
**Enrollment** 322 participants

## Plain Language Summary

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This study is measuring how physically active people are during their stay in a rehabilitation hospital and testing whether changes to the ward routine — such as more group exercise sessions, eating meals in a dining room, and educational sessions — lead to more movement and better recovery. Many hospital patients spend most of their day sitting or lying down, which slows recovery. Participants wear a small activity sensor on their thigh that records sitting, standing, and stepping throughout the day.

You may be eligible if:

- You are 18 years old or older
- You have been admitted to an inpatient rehabilitation ward
- You or your carer can give consent to participate

You may NOT be eligible if:

- You are unable to consent and do not have a family member, carer, or guardian who can consent on your behalf

Talk to your doctor about whether this trial might be right for you.

## Key Eligibility Criteria

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### Inclusion (1)

- People admitted to the inpatient rehabilitation ward

### Exclusion (1)

- Participants who are unable to consent, or who's valued other (family, carer, guardian) is unable to consent

## Locations (1 total)

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Balmain Hospital - Balmain, NSW, Australia