



ACTIVITY GUIDELINES

1. Get to know your patients:

- What is the patient's allowed activity level?
- Does the patient have specific restrictions or a weight bearing status affecting one or multiple limbs?
- Are there lines and tubes, including oxygen, you need to be aware of?
- Watch for pain, shortness of breath, fatigue, dizziness.
- Frequently ask the patient how they are feeling.
- Ask the patient's nurse or PCA if you are unsure about something.

2. Guiding principles for promoting function in bed and/or in sitting:

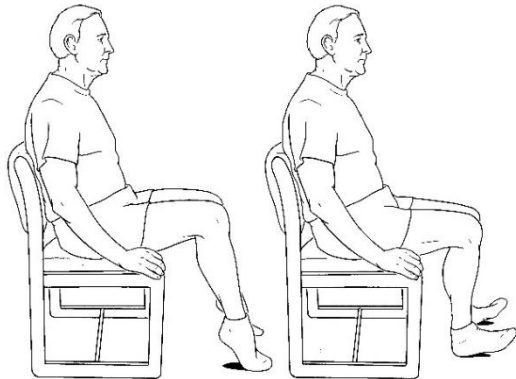
- Encourage and motivate your patient to participate in their care within their tolerance.
- Prepare the environment by locating a chair and set-up their space to promote safe positioning and mobilization.
- Give expectations such as – out of bed for meals, if able and seating available.
- Engage the patient in table-top self-care such as hair brushing, teeth brushing, and/or washing their face.
- Engage the patient in conversation such as orientation to the date, weather, their assigned health care providers and/or current events that are meaningful to them.

3. Guiding principles for promoting mobility in bed and/or in sitting:

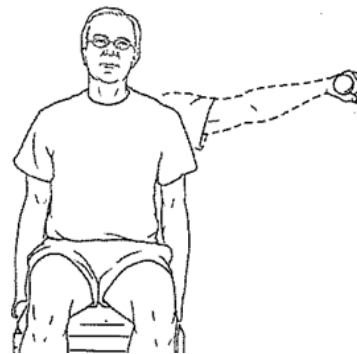
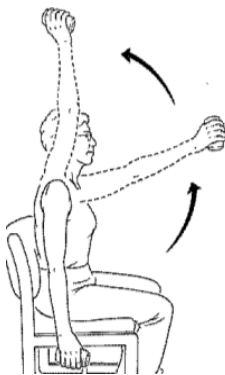
- Encourage the patient to move all joints within their limits and avoid pushing them beyond their comfort level.
- These exercises are intended as a guide to perform with patients and should not be left with the patient. They are NOT prescribed exercises.
- **Repeat exercises on EACH side up to 5x and if possible.**

Repeat exercises on EACH side up to 5x and if possible repeat another set of 5.

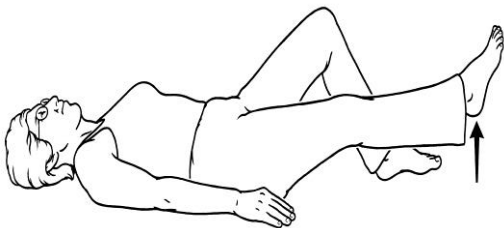
ACTIVE ROM EXERCISES



Ankle: In a bed or chair, with feet supported, point your toes down, then pull them up towards you. Alternate like pumping.

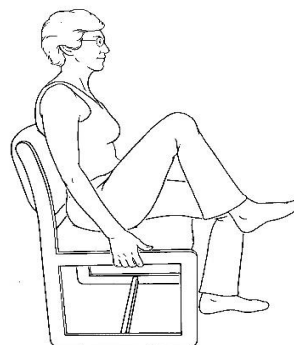


Shoulder: In bed or chair, raise arms overhead as far as possible, then lower. Raise arms out to side to 90 degrees, then lower.



Knee: In chair, straighten knee fully, hold for count of 5, then relax.

In bed, lift straight leg off bed, hold, then lower slowly.



Hip: In a chair, sit upright with feet supported. Lift foot off floor by raising knees alternately, like marching. In bed, bring knees towards chest, alternately, like bicycling.