



## Simple exercises

Before helping a person do any of these activities, check with their nurse or physiotherapist.

- Gently massage lotion into the person's hands and feet, gently moving their fingers and toes at the same time.
- Gently move the joints of the person's hands and feet. Examples: rotate wrists and ankles, move fingers, move toes.
- Encourage the person to do wrist and ankle circles, and to bend and straighten their arms and legs.
- Give the person a foam ball to squeeze.
- When the person is sitting in a chair, encourage them to move their arms and legs. Examples: raise their arms overhead, straighten each leg and raise each foot off the floor.
- Help the person to stretch using an exercise band.

## Everyday activities

Doing everyday activities can help a person improve their mobility and strength.

A first step is to encourage and help the person to do activities such as these:

- Clean their hands with a washcloth, hand wipe, or hand sanitizer.
- Put on lotion.
- Clean their face with a washcloth.
- Use the suction to clear their mouth.
- Brush their teeth.
- Brush their hair.
- Drink sips of water.
- Eat a meal.
- Put on socks, slippers, hospital gown.
- Move from the bed to the chair for meals.
- Go to the sink to wash hands or brush teeth.

## Games

Simple games can help pass the time. They help the brain stay active. Games can also improve mobility.

Talk to the person's nurse about trying some of these games:

- Gently tossing a soft ball back and forth while either sitting up in bed or in a chair.
- Playing cards.
- Playing checkers.
- Drawing and writing.

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# Mobility Matters in Critical Care



Movement and exercise are important for recovery.

How essential care partners and others can help.

Everyone in our care needs to move their bodies while in bed and get out of bed as soon as possible. We call this “Early Mobility”.

### How does early mobility help?

Early mobility helps in these ways:

- Reduces muscle stiffness or soreness.
- Builds muscle strength.
- Improves breathing and strenghtens lungs.
- Reduces the chances of delirium.
- Improves blood flow.
- Reduces the chances of bed sores.
- Gets a person out of the hospital sooner.

### What if the person is too sick to move?

When a person is too sick to move around on their own, we will move their bodies for them.

Ways we get a person moving:

- Gently move arms and legs through a range of movements.
- Turn the person from side to side in the bed.
- Use equipment to lift the person into a chair.

As a person gets better, we expect them to take part in staying active and mobile each day. This helps speed up their recovery so they can transfer out of the Intensive Care Unit sooner.

### How can you help?

There are simple things you can do to help a person with early mobility. You can encourage the person to move around. The person’s nurse or physiotherapist can show you how to help with activities such as:

- simple exercises
- everyday activities
- games

## Mobility pathway

Many people we care for in our Intensive Care Unit start at Level 0 on the mobility pathway. Our physiotherapist works with the person on a mobility plan during this time to help them on the pathway to the next level. Progress can be slow.

As a person gets better and can do more for themselves, they move through the levels with the goal of reaching their highest level of mobility.

These are the levels of mobility and the everyday activities a person should be doing at each level. We work with each person to improve their mobility each day, progressing them through the levels as they are able. This work continues after the person leaves the Intensive Care Unit.

Level of mobility	Everyday activities
Level 0 <b>Passive bed mobility</b>	Movement and activities done by others
Level 1 <b>Actively move in bed</b>	Brush teeth, wash face, and brush hair <b>in bed</b>
Level 2 <b>Lift into a chair</b>	Brush teeth, wash face, and brush hair <b>in a chair</b>
Level 3 <b>Sit at edge of bed with help</b>	Eat meals <b>in a chair</b>
Level 4 <b>Stand with help</b>	Brush teeth, wash face and body, brush hair <b>at edge of bed or in a chair</b>
Level 5 <b>Step to chair with help</b>	Eat meals <b>in a chair</b>
Level 6 <b>Walk at bedside with help</b>	<b>Use the commode</b> for toileting
Level 7 <b>Walk 5 metres or more with help</b>	Brush teeth, wash face and body, brush hair <b>in the bathroom</b>
Level 8 <b>Walk 10 metres or more with help</b>	Get dressed <b>at the edge of the bed or in a chair</b>
Level 9 <b>Walk 10 metres or more on my own with walking aid</b>	Eat meals <b>in a chair</b>
Level 10 <b>Walk 10 metres or more on my own without walking aid</b>	<b>Use the bathroom</b> for toileting