Bed Mobility
Lying down to sitting up
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Special Considerations

- Adjustments may need to be made depending on the patient
  - Assistance levels: Min (A), Mod (A), Max (A), contact guard, independent
  - Helpful links:
    - [http://physicaltherapy.about.com/od/Physical-Therapy-For-Seniors/a/Various-Levels-Of-Assistance-In-Physical-Therapy.htm](http://physicaltherapy.about.com/od/Physical-Therapy-For-Seniors/a/Various-Levels-Of-Assistance-In-Physical-Therapy.htm)

- Risk factors
  - Stroke patients
  - Geriatric population & Bariatric population
  - Surgeries
  - WBS (weight-bearing status)
  - ROM (range of motion)

- Review patient records before proceeding
Preparing patient

- Ask patient’s permission to touch him/her
- Lower bed level
- Adjust patient position with draw sheet
- With aide’s help, position sheet under patient, supporting the head
- Firmly grasp sheet & together, slide patient toward pillow
- Maintain proper body mechanics at all times
Sitting Method #1

Log Roll → Side Lie

- Place patient’s feet on bed, bending knees
- Place patient’s farthest arm from you across his/her chest
- Hold patient’s hip and shoulder and roll patient towards you and onto his/her side, by the edge of the bed
Sitting Method #1 (cont.)

Side Lie → Sit

- Slide patient’s legs so they dangle off bed
- Hold patient’s shoulder and thigh and lift him/her up into a sitting position
Sitting Method #2

Long Sit

- Ask patient to prop up onto elbows while you support back
- Have patient raise himself/herself onto hands (again support his/her back)
- Hold patient’s legs and rotate them toward you so feet dangle off bed
Once Sitting…

- Place your hands on patient’s waist or under patient’s bottom
- Help patient scoot forward to edge of bed so feet touch floor
- Ask aide to support patient’s back while you put his/her shoes on
- Place gait belt around patient’s waist
- Patient is now ready to be transferred

*patient seen with assisting device (walker)*


Images/Screenshots

http://www.mountnittany.org/assets/images/krames/223373.jpg
http://www.youtube.com/watch?v=94Ouy19T6Sk
http://www.youtube.com/watch?v=PSCy9NSPj24
http://www.upmc.com/patients-visitors/education/PublishingImages/M-O/legroll3.jpg
http://www.handicapped-mobility-aids.com/images/buddy.jpg
http://thumbs.dreamstime.com/z/older-patient-bed-hospital-crew-18076768.jpg