

# Medical Surgical Mobility Exercise Programs

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## SITUATION

Population of patients identified that were being discharged to rehab as a result of deconditioning in the hospital during acute illness  
 Review of overall hospital goals to increase patients ability to discharge to home as well as emerging request of patients to discharge to home secondary to comfort and infection prevention reasoning.

## BACKGROUND

Mobility protocols developed by mobility team did not include exercise programs  
 Individual exercises were given to patients to assist with mobility during hospital stay however inconsistency in which exercises were used and progression of patients with exercises existed.  
 There were no established exercises programs which could be used to progress and regress patients as needed during acute hospital stay.

## AIM STATEMENT

Provide nursing staff the ability to assess and assign exercises programs that patients are able to progress on during hospital admission.

## ASSESSMENT

Increased need for mobility was noted during hospital stay.  
 Progressive exercise protocols needed to patients to provide mobility and exercises that will improve patient condition

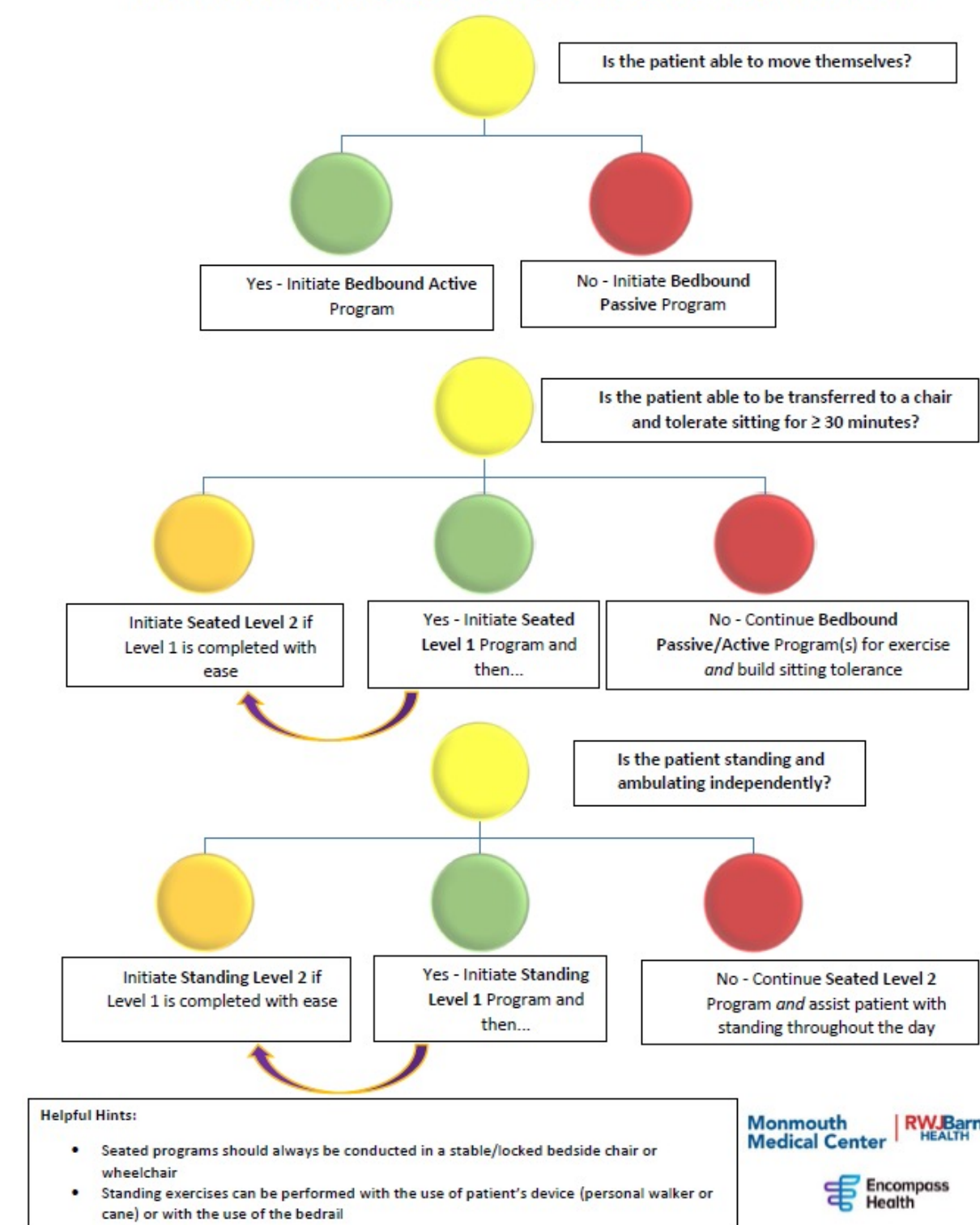
## RECOMMENDATION

Development of 6 exercise protocols  
 Development of nurse algorithm to determine exercise protocol  
 Addition of exercise programs to CERNER documentation system  
 Education to mobility champions as train the trainer  
 Education to all staff RNs and PCAs by the mobility champion trainers  
 Implementation of new programs in March 2021

## OBSERVATIONS – LESSONS LEARNED

Data collection is necessary in order to determine the benefit of the interventions  
 Review data for discharge location information comparing previous year to post intervention year to determine if there is an increase in discharge to home location.

How To Choose The Right-Fit Exercise Program For My Patient



		<p><b>Supine Heel Slides</b>                      REPS: 10   SETS: 3   DAILY: 2   WEEKLY: 7                      Setup: Lie on your back with your legs straight.                      Movement: Slowly slide one heel on the floor toward your buttocks, until you feel a stretch in your knee or upper leg, then slide it back out and repeat.                      Tip: Make sure not to arch your low back or twist your body as you move your leg.</p>			<p><b>Seated Heel Toe Raises</b>                      REPS: 10   SETS: 3   DAILY: 3   WEEKLY: 7                      Setup: Begin sitting upright with your feet shoulder width apart.                      Movement: Slowly raise your heels off the floor and lower them back down, then raise your toes off the floor and lower them back down. Repeat.                      Tip: Make sure to keep the balls of your feet on the floor when you raise your heels, and keep your heels on the floor when you lower them.</p>
					<p><b>Seated Ankle Alphabet</b>                      SETS: 1   DAILY: 3   WEEKLY: 7                      Setup: Begin by sitting upright in your chair or with legs off the side of the bed.                      Movement: Slowly trace the letters of the alphabet with the ball of one foot. You should be moving at your ankle.                      Tip: Make sure to keep your upper leg still as you move your foot.</p>
					<p><b>Seated Long Arc Quad</b>                      REPS: 10   SETS: 3   HOLD: 2   DAILY: 3   WEEKLY: 7                      Setup: Begin sitting upright in a chair.                      Movement: Slowly straighten one knee so that your leg is straight out in front of you. Hold, and then return to starting position and repeat.                      Tip: Make sure to keep your back straight during the exercise.</p>
					<p><b>Seated Hip Abduction</b>                      REPS: 10   SETS: 3   HOLD: 2   DAILY: 3   WEEKLY: 7                      Setup: Begin sitting upright in a chair.                      Movement: Push your legs outward, keeping your feet flat on the ground, then slowly bring them back together and repeat.                      Tip: Make sure to keep your back straight during the exercise.</p>
					<p><b>Seated Hip Abduction Isometric with Ball</b>                      REPS: 10   SETS: 3   DAILY: 3   WEEKLY: 7                      Setup: Begin sitting in an upright position with both feet flat on the floor and a ball between your knees.                      Movement: Gently compress both legs inward against the ball.                      Tip: Make sure not to arch your back during this exercise.</p>