

TOPIC: MOBILITY

1. **Physical movement is important for mental and physical well being.** Clients who walk should be encouraged and/or assisted to walk frequently throughout the day. Clients in wheelchairs should be encouraged to transport themselves if possible.

2. **Clients with assistive devices should be encouraged to use the devices when ambulating.** Assistive devices are ordered by the doctor and fitted specifically to the client. Assistive devices should never be borrowed or shared. Some assistive devices include:

- a. **Brace** – supports a specific part of the body.
- b. **Cane** – used by the client with weakness on one side.
- c. **Crutches** – used when weight-bearing ability is reduced.
- d. **Walker** – used for support and steadiness.

3. **Range of motion exercises (ROM) are exercises that move each joint in the body to the fullest extent possible without causing pain.** Each movement is different based on the structure of the joint. Clients should be encouraged to actively do range of motion exercises each day. Clients who have difficulty moving by themselves will require assistance to exercise (passive range of motion).

- a. Check joints for redness and swelling. Report unusual findings to the office immediately and do not continue with procedure.
- b. Remove obstacles that may block motion.
- c. Support above and below the joint being exercised.
- d. Perform ROM exercises if client is unable to ambulate or move on their own.
- e. Frequently ask client if he is uncomfortable or in pain. Watch facial expression and response if a client is unable to verbalize pain. Stop ROM immediately if client experiences pain and report to office immediately.

4. LNA's role:

- a. Notice when a client is using a piece of equipment improperly; help the client to a safe place; report to the office immediately.
- b. Check equipment to see that it is in good condition.
- c. Help client use assistive devices properly.
- d. Watch for signs of discomfort or fatigue.
- e. Make sure client is wearing well-fitted nonskid shoes or slippers.
- f. Use proper body mechanics to prevent injury to both you and the client.
- g. Provide for privacy and encourage the client to do as much as possible to promote independence.
- h. When assisting the client to walk with cane, stand on the client's affected side.

ADDITIONAL DEFINITIONS:

Assistive Devices – equipment used to help resident increase independence
Ambulate – to walk
Obstacle – anything that stands in the way
Verbalize – expresses in words