# POSTOPERATIVE CARE: BED EXERCISES & MOBILIZATION



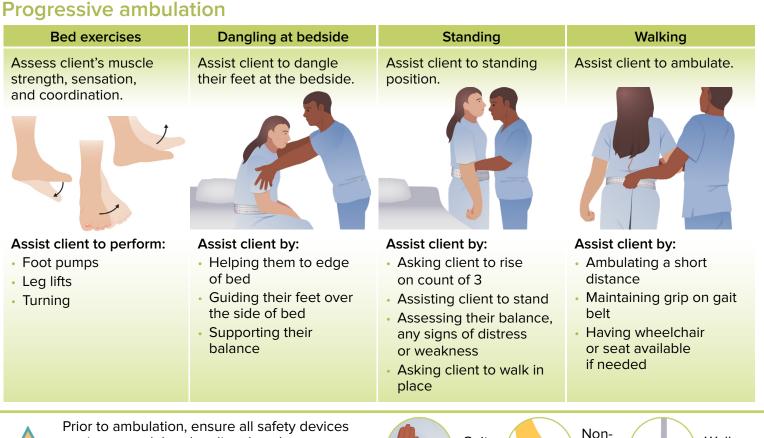
### Benefits of early ambulation after surgery

- Helps prevent clot formation
- Stimulates circulation and blood flow
  - Improves GI, GU, and respiratory functions
- Improves client's outlook and feeling of independence
  - Can relieve pain and increase muscle tone

Gait

belt

Decreases length of hospital stay





Prior to ambulation, ensure all safety devices are in use and that the client has the proper mobilization devices. Be aware of any limitations or activity restrictions set by provider.

### **Documentation**

- Distance client ambulated
- Level of assistance required
- Any assistive devices used
- Client's balance and gait
- Response to ambulation
- Any falls or incidents
- Client teaching completed

### NOTES

## Client education

- Marking distances in the unit can quantify distances for documentation and help with goal setting.
- Assess whether you need additional assistance.
- Coordinate with physical and occupational therapy.
- Make sure IV poles are unplugged and catheters are secured.
- Include family members in early ambulation.

slip

socks

 Provide encouragement and reassurance. Client may not be able to walk on first attempt.



Walker

or cane