





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
- Decreases length of hospital stay

Progressive ambulation

Bed exercises	Dangling at bedside	Standing	Walking
<p>Assess client's muscle strength, sensation, and coordination.</p>  <p>Assist client to perform:</p> <ul style="list-style-type: none"> • Foot pumps • Leg lifts • Turning 	<p>Assist client to dangle their feet at the bedside.</p>  <p>Assist client by:</p> <ul style="list-style-type: none"> • Helping them to edge of bed • Guiding their feet over the side of bed • Supporting their balance 	<p>Assist client to standing position.</p>  <p>Assist client by:</p> <ul style="list-style-type: none"> • Asking client to rise on count of 3 • Assisting client to stand • Assessing their balance, any signs of distress or weakness • Asking client to walk in place 	<p>Assist client to ambulate.</p>  <p>Assist client by:</p> <ul style="list-style-type: none"> • Ambulating a short distance • Maintaining grip on gait belt • Having wheelchair or seat available if needed



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.



Gait belt



Non-slip socks



Walker or cane

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

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

NOTES

