

TOPIC:

Bed Mobility, Transfers and Ambulation After Stroke



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- A stroke can cause weakness, altered muscle tone, loss of coordination, changes in sensation and decreased body awareness
- Careful handling of the person during movement can improve safety and comfort

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What you should know:

The safety and success of any mobility activity depends on a number of factors

There are four main types of movement which include:



Always protect and never pull on the affected arm when moving

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Smart Tips
for Stroke Care

Smart Tips:

Rolling in bed



Before rolling, ask/ help the person to:

1. Bend their knees and place feet flat on the bed
2. Initiate the roll by allowing the knees to fall, turning the head, and reaching with the arm towards the direction of the roll, bringing their arm with the rest of the body

Assist the person by helping at the back of the shoulder blade and hip as needed; never pull on the affected arm

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Moving from Lying to Sitting



Once on their side, ask/ help the person to:

1. Bring their feet over the edge of the bed by moving their knees up towards their chest
2. Push up with the bottom arm to sit up. If assistance is needed, place one hand underneath the bottom ribs near the shoulder blade, and one hand on the upper hip

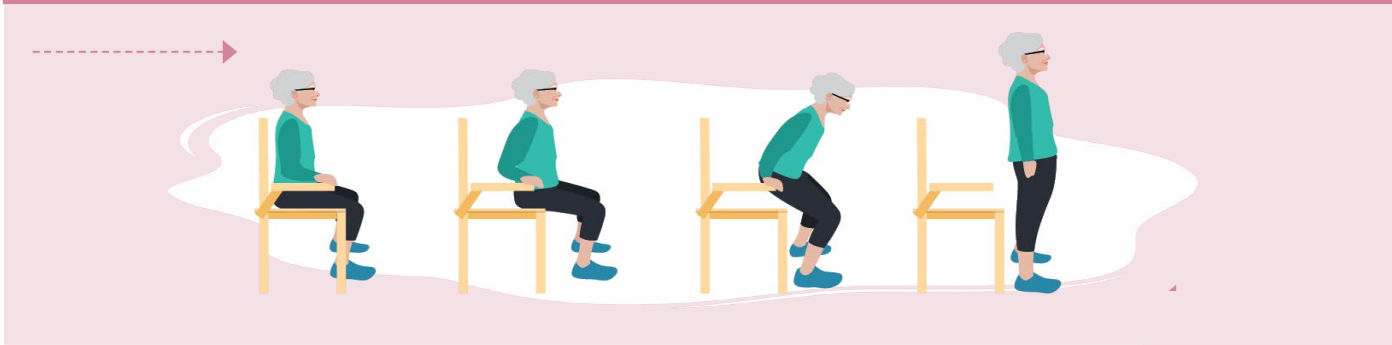
Once sitting safely, lower the height of bed if possible, to allow feet to be in contact with the floor

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Sit to Stand



Stand on the
persons
affected side

Ask/help the person to:

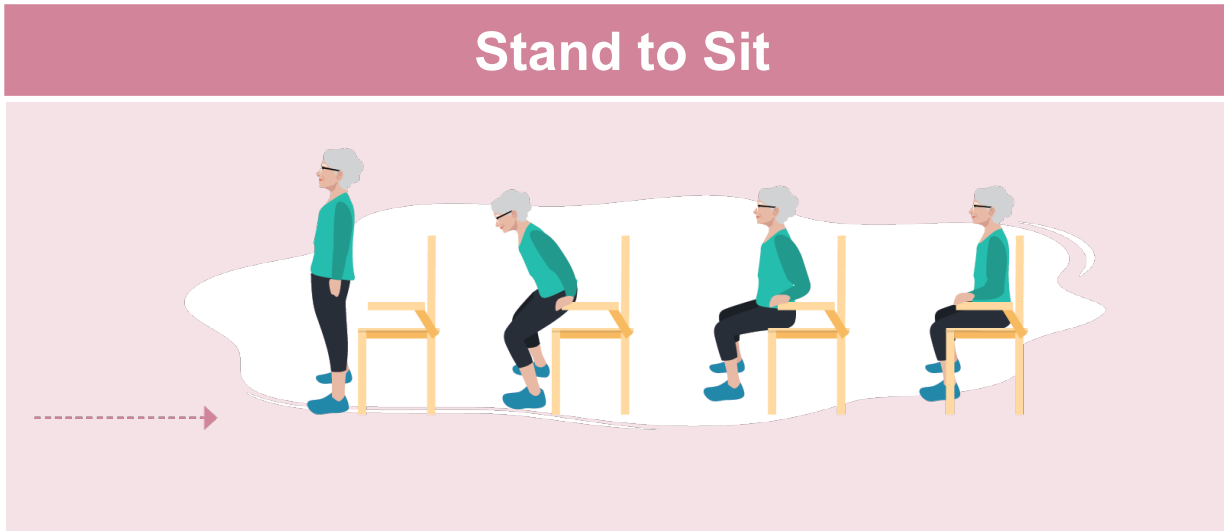
1. Shift hips towards front edge of the sitting surface
2. Place feet shoulder width apart, with heels under the knees
3. Sit up tall and bend forward at the hips while looking ahead
4. Push up from the bed with both hands, if able- **do not pull on walker**
5. Push through both legs with weight equally distributed

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Stand to Sit



Stand on the
persons
affected side

Ask/help the person to:

1. Before sitting, ensure the back of their legs are touching the sitting surface
2. Reach back to place their hand(s) on armrests or the sitting surface
3. Bend hips then knees to lower themselves slowly
4. Shift their hips back on the sitting surface

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Transferring between surfaces



- Have the person move towards their stronger side
- Position the chair/ commode close to the bed
- Ensure brakes are applied and arm/foot rests are removed
- Ask the person to shift their hips forward to the edge of the sitting surface

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Transferring between surfaces



- Position yourself close to the person, on their weaker side
- Guide the person onto their feet and help them shift their hips from one surface to the other
- Cue the person to reach towards the surface they are transferring to

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Walking



- Once standing, pause to ensure balance before walking.
- If a gait aid is used, have it nearby
- While walking, stand on the affected side and stay close to steady the person as needed
- Encourage the person to look ahead, not at the floor

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Seek extra support

- ✓ Physiotherapists and Occupational Therapists are skilled in mobility and transfers. It may be helpful to involve them if there are questions or concerns
- ✓ Notify the team if you notice a change in the person's ability to transfer or ambulate

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