

TOPIC:

# Mobility After Stroke



# Mobility After Stroke



- Mobility is the ability to move one's body (e.g. moving in or out of bed, transferring to a chair, and walking)
- A stroke can cause weakness to one side of the body (hemiplegia), changes in sensation and altered muscle tone
- This can impact a person's ability to move
- Regular mobility is important. It can improve function, decrease pain, enhance mood, and prevent skin breakdown and contractures

# Mobility After Stroke



## What you should know:

✓ There are many factors that can impact mobility including:

The Person's Abilities	The Environment	The Caregiver
Communication Cognition Weakness and muscle tone Balance and posture Coordination Vision and perception Sensation Mood and fatigue Motivation Pain	Lighting Equipment Space Resources available Organizational policies and procedures	Knowledge Skill Confidence Wellness Size/height Familiarity with the person

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## What you should know:

### Practicing safe mobility can:

- Prevent falls
- Prevent injuries
- Promote independence and active participation
- Promote better health of the person with stroke



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## General Principles of Safe Mobility

- Plan for extra help if needed
- Encourage the person to do as much as they can
  - Your goal is **not to lift** the person but to support them
  - Always follow your organization's lift policies
- Do not rush
- Recognize that the person's energy levels can change throughout the day

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## Smart Tips:

### Before You Start



- Prepare the environment
- Communicate the plan to the person and any helpers
- Be mindful of the person's affected arm during mobility activities and handle very carefully

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## Before You Start



- Be mindful of any lines (e.g. feeding tube, oxygen)
- Think about your own body mechanics:
  - keep your body close to the person
  - bend your knees
  - keep your back straight
  - avoid twisting

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**Smart Tips** – Always follow the care plan!

## During Mobility



- Position yourself on the person's affected side and as close as possible
- Continue to communicate with the person
  - Offer verbal and visual cues for each step of the activity
- Provide support at the shoulder blade, the hip, or waist
- Never hold onto clothing or pull on the person's affected arm



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## After Mobility



- Before you leave, ensure that the person is well supported, safe and comfortable
- Ensure that all necessary items are within reach
- Check on the person and offer position changes frequently
- Let the team know if there is a change in mobility status

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## Seek extra support

- ✓ Occupational Therapists and Physiotherapists are skilled in mobility and transfers. It may be helpful to involve them in the person's care
- ✓ If communication is impacting mobility, consider consulting a Speech Language Pathologist

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