

## Bed Rise Difficulty Scale/Strategies/Speed

?

Name: \_\_\_\_\_ Date: \_\_\_\_\_

**START POSITION SUPINE MIDDLE OF BED ARMS BY SIDE, END POSITION SIT ALIGNED TO EDGE OF BED**

TIME: Supine to sit edge of bed (NORMS: Community 3.2 sec, Residents 5.1 sec)					
UE use to push off bed surface		Right/Left	Absent=0	Present=1	Marked Use =2
<b>RIGHT</b>	1. Long duration push				
	2. Repeated Pushes				
	3. Push Indicates Substantial Effort				
<b>LEFT</b>	4. Long duration push				
	5. Repeated Pushes				
	6. Push Indicates Substantial Effort				
<b>Trunk and LE Relationships</b>					
	7. Discontinuity of trunk elevation and leg motion off bed				
	8. Multiple motion adjustments of shoulder and pelvic girdle				
<b>LE Use</b>					
	9. Multiple Motion Adjustments of legs				
	10. Poor vertical clearance of heels off bed surface				
	11. Pulls with flexed legs against side of bed to aid motion				
<b>Momentum to facilitate trunk elevation</b>					
	12. Rapid neck flexion				
	13. Rapid hip and knee flex/ext (rocking)				
<b>Other</b>					
	14. Hand grasp of thigh or buttocks to aid trunk flexion				
	15. Rolls onto side and uses UE for push off				
SCORE					

**Score: 0-10 Min difficulty, 11-20 Mod difficulty, 21-30 severe difficulty**

Alexander NB1 , Fry-Welch DK, Ward ME, Folkmier LC. Quantitative assessment of bed rise difficulty in young and elderly women. J Am Geriatr Soc. 1992 Jul;40(7):685-91.

## Bed Rise Difficulty Scale/Strategies/Speed

?

### Bed Mobility Speed Time Norms

**TIME:**

Supine to sit edge of bed	Trial 1	Trial 2	Average

**(NORMS: Community 3.2 sec, Residents 5.1 sec)**

---

### Bed Mobility Speed Time Norms

**Log Rollers**—Least used strategy for young and old adults

1. Roll to Side
2. Elevate Trunk

**Young Adults**—23 years—generally more consistent in Supine to Sit Trunk Flex Early,

Minimal SB and Rot, Pivot Late

Most Initiate with Neck Flexion only (68%)

1. Trunk flex early (90%) /Middle (45%) of pivot phase
2. SB and Rot Mid (25%) and late (30%) pivot
3. Weight Bear on Hip (same side) late in Trunk Rise (90%)
4. Broad base hip/elbow pivot during midrise (15%)

**Most Trunk flex *early and middle pivot, some SB and Rot late pivot***

**Nearly all pivot *late in trunk rise, minimal elbow use***

---

**Older Adults**—74 years—more varied approaches, requires more UE use

**Varied initiation:** UE (41%), LE (18%), neck Flex (24%)

- a. **Trunk flex early** (79%) and mid (29%)
- b. **SB and Rot Mid** (50%) and **Late** (71%) pivot
- c. Weight bear on hip (same side) early (29%), Mid (72%) and late (86%)
- d. **Broad base hip/elbow support** pivot during early (24%), middle (64%) and late (21%)

**Most Trunk flex *early, some mid pivot, most SB and Rot during mid and late pivot***

**Most WB on hip *during mid (72%) and late (86%) trunk rise***

Strategy subject is using?	Notes: