

Bed Rise Difficulty Scale/Strategies/Speed

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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
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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: |
|-----------------------------------|---------------|
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