

Bed Rise Difficulty Scale

Bed Mobility Strategies

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*

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Name: _____ Date: _____

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

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

Bed Rise Difficulty Scale

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.