

# **Wilk: Sorrentino's Canadian Textbook for the Support Worker, 5th Edition**

## **Chapter 15: Exercise and Activity**

### **Objectives**

After reading this chapter, the learner should be able to do the following:

- Describe bed rest.
- Describe the complications of bed rest and how to prevent them.
- Describe the devices used to support and maintain body alignment.
- Describe the purpose of a trapeze.
- Describe range-of-motion exercises.
- Describe how to help a falling client.
- Describe types of walking aids.
- Perform the procedures described in this chapter.
- ambulation
- immobility
- muscle atrophy/deconditioning/atrophy
- contracture
- brace/orthotic
- trapeze
- orthostatic hypotension
- syncope
- postural hypotension
- abduction/adduction
- extension/hyperextension
- flexion/dorsiflexion/plantar flexion
- rotation/internal rotation/external rotation
- supination/pronation
  
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