

# Chapter 15

## Exercise and Activity

# Exercise and Activity (1 of 2)

- Being active is important for physical and mental well-being.
- Illness, surgery, injury, pain, and aging can cause weakness and some activity limits.
- Inactivity, whether mild or severe, affects:
  - All body systems
  - Mental well-being
- Support workers can sustain injuries while assisting clients with exercise and activity—make sure you practice proper body mechanics.

# Exercise and Activity (2 of 2)

- Health team members promote exercise and activity in all clients to the extent possible.
- **Deconditioning** is the loss of muscle size, strength, and function (muscle atrophy) that results from immobility and inactivity.
- To help promote exercise and activity, you need to understand:
  - Bed rest
  - How to prevent complications from bed rest
  - How to help clients exercise

# Bed Rest (1 of 4)

- Generally, bed rest is ordered to:
  - Reduce physical activity
  - Reduce pain
  - Encourage rest
  - Regain strength
  - Promote healing

# Bed Rest (2 of 4)

- These types of bed rest are common:
  - Strict bed rest
    - Everything is done for the client.
  - Bed rest with commode privileges
    - Some ADLs are permitted.
  - Bed rest with bathroom privileges
    - Client can use the bathroom for elimination needs.
    - Written as *bed rest with BRP*

# Bed Rest (3 of 4)

- Complications of bed rest and immobility include:
  - Pressure ulcers
  - Constipation and fecal impaction
  - Urinary tract infections and renal calculi (kidney stones)
  - Blood clots (thrombi)
  - Pneumonia (inflammation and infection of the lung)
  - Contractures (lack of joint mobility)
  - Muscle atrophy
  - Orthostatic hypotension (postural hypotension)
  - Syncope

# Bed Rest (4 of 4)

- Good support care prevents complications from bed rest:
  - Promote good alignment.
  - Assist with range-of-motion exercises.
  - Ensure frequent position changes, at least once every 2 hours.
    - These are part of the care plan.

# Positioning

- Supportive devices are often used:
  - Bed boards prevent the mattress from sagging.
  - Foot boards prevent plantar flexion and serve as bed cradles.
  - Trochanter rolls prevent the hips and legs from external rotation.
  - Hand rolls or hand grips prevent contractures of the thumb, fingers, and wrist.
  - Splints keep the elbows, wrists, thumbs, fingers, ankles, and knees in normal position.
  - Bed cradles keep the weight of top linens off the feet and toes.



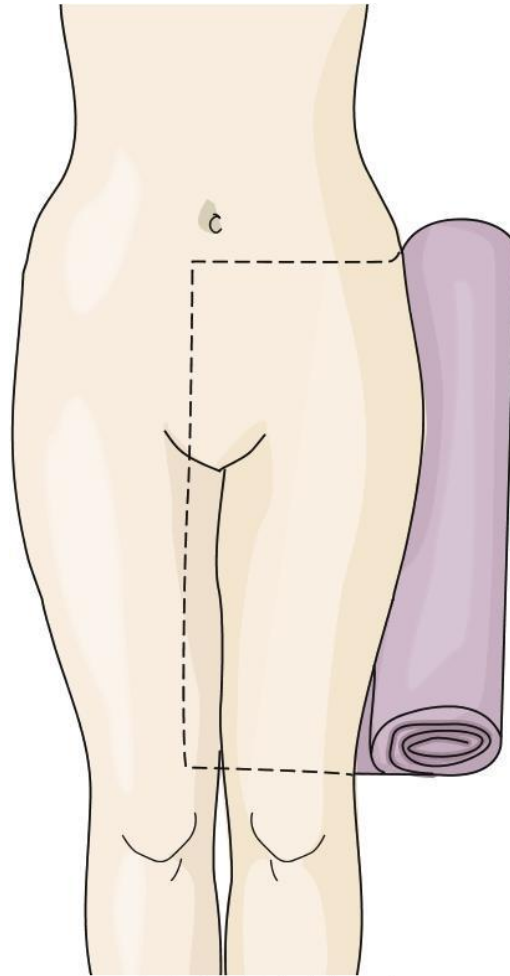
# Supportive Devices (1 of 4)



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# Supportive Devices (2 of 4)



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# Supportive Devices (3 of 4)



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# Supportive Devices (4 of 4)



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# Exercise

- Exercise helps prevent:
  - Contractures
  - Muscle atrophy
  - Other complications of bed rest
- Some exercise occurs:
  - With ADLs
  - When turning and moving in bed without help
- A trapeze is used:
  - For exercises to strengthen arm muscles
  - For client to move up and turn in bed

# Range-of-Motion Exercises

- Range-of-motion exercises involve moving the joints to the extent possible without causing pain.
  - *Active* range-of-motion exercises are done by the client.
  - With *passive* range-of-motion exercises, someone moves the client's joints through their range of motion.
  - With *active-assistive* range-of-motion exercises, the client does the exercises with some help.
  - See box: *Focus on Long-Term Care: Activity Programs* (p. 265)

# Ambulation

- **Ambulation** is the act of walking.
- After bed rest, activity increases slowly and in steps.
- To achieve the goal of walking:
  - Contractures and muscle atrophy must be prevented.
  - Proper positioning and exercises are needed during bed rest.
- Walking regularly helps to prevent **deconditioning** (loss of muscle size, strength, and function).

# Obesity and Lifestyle and Their Effect on Ambulation

- People who are overweight subject their joints to increased wear, which can contribute to osteoarthritis (OA).
  - Obesity and a sedentary lifestyle are the main contributors to OA.
  - See procedure: *Helping the Client to Walk* (pp. 271-272)
  - See *Figure 15.22: Assist with ambulation by walking slightly behind the client's side* (p. 271)



# Falls

- When a client is falling, the support worker's instinct is to try to prevent the fall.
  - However, trying to prevent a fall could cause greater harm.
  - You could injure yourself and the client as you twist and strain to stop the fall.
- If a client starts to fall, ease the client to the floor, and protect the client's head.
  - See procedure: *Helping the Falling Client* (p. 274)
  - See box: *Focus on Home Care: When a Client Falls* (p. 275)

# Walking Aids (1 of 10)

- Walking aids support the body.
- The type of walking aid ordered depends on:
  - The client's condition
  - The amount of support needed
  - The type of disability

# Walking Aids (2 of 10)

- Crutches

- Used when the client cannot use one leg or when one or both legs need to gain strength.
- Follow these safety measures:
  - Check the crutch tips.
  - Check crutches for flaws.
  - Tighten all bolts.
  - Make sure the client wears street shoes with flat, nonskid soles.
  - Make sure the client's clothes fit well.
  - Practice safety rules to prevent falls.
  - Keep crutches within the client's reach.

# Walking Aids (3 of 10)

- Canes

- Used to help support a side of the body that is unsteady or weak
- Help provide balance and support
- Single-tip and four-point (quad) canes are common
- A cane is held on the nonaffected side of the body

# Walking Aids (4 of 10)



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# Walking Aids (5 of 10)

- Walkers

- A walker is a four-point walking aid.
- It gives more support than a cane.
- There are many kinds of walkers.
- Baskets, pouches, and trays can attach to the walker.

# Walking Aids (6 of 10)



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# Walking Aids (7 of 10)



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# Walking Aids (8 of 10)

- Braces

- Support or align affected body parts
- Also prevent or correct deformities or prevent joint movement
- A brace is applied over the ankle, knee, or back.
- An ankle-foot orthosis (AFO) is placed in the shoe.
- You need to:
  - Keep client skin and bony points under braces clean and dry.
  - Report redness or signs of skin breakdown at once.
  - Report complaints of pain or discomfort.
- The care plan tells you when to apply or remove a client's brace.

# Walking Aids (9 of 10)



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# Walking Aids (10 of 10)



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