

ICU Progressive Mobility Guidelines

Perform each step of progressive mobility for at least 30 to 60 minutes three times a day. Repeat each step until patient demonstrates hemodynamic and physical tolerance then advance to next step at the next activity period.

Step 0: Continuous Lateral Rotation Therapy for at least 18 hours/day and at least 80% rotation

Step 1: HOB elevated to 45 degrees with passive and/or active assisted Range of Motion

Step 2: HOB elevated to 45 degrees and legs in dependent position (partial chair mode) or use total lift to place in recliner. Active range of motion.

Step 3: HOB elevated to 65 degrees and legs in full dependent position (full chair mode)

Verify a PT and OT consult are in place when ready to progress to Step 4

Step 4: HOB elevated to 65 degrees plus legs in full dependent position and feet on the floor

Step 5: Sit on side of bed with feet on the floor

Step 6: Initiate stand/pivot into chair

Step 7: Initiate stand/pivot with march stepping into chair

Step 8: Ambulate with appropriate walker and gait belt