ICU PROGRESSIVE MOBILITY PROTOCOL

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