Early Progressive Mobility Protocol

**Step 1 – Safety Screening**

**Evaluate Daily**

(Patient must meet all criteria)

**M** – Myocardial stability
  - No evidence of active myocardial ischemia x 24 hrs.
  - No dysrhythmia requiring new antidysrhythmic agent x 24 hrs.

**O** – Oxygenation adequate on:
  - FiO2 < 0.6
  - PEEP < 10 cm H2O

**V** – Vasopressor(s) minimal
  - No increase of any vasopressor x 2 hrs.

**E** – Engages to voice
  - Patient responds to verbal stimulation

Fails
  - Re-evaluate in 24 hours

Passes

**Step 2 – Progressive Mobility**

**Level 1**
- Passive ROM TID
- Turn Q 2 hrs.
- Active resistance PT
- Sitting position 20 mins. TID
- Sitting on edge of bed

**Level 2**
- Passive ROM TID
- Turn Q 2 hrs.
- Active resistance PT
- Sitting position 20 mins. TID
- Sitting on edge of bed

**Level 3**
- Passive ROM TID
- Turn Q 2 hrs.
- Active resistance PT
- Sitting position 20 mins. TID
- Sitting on edge of bed
- Active transfer to chair 20 mins./day

**Level 4**
- Passive ROM TID
- Turn Q 2 hrs.
- Active resistance PT
- Sitting position 20 mins. TID
- Sitting on edge of bed
- Active transfer to chair 20 mins./day
- Ambulation (marching in place, walking in halls)

Able to move arm against gravity

Able to move leg against gravity