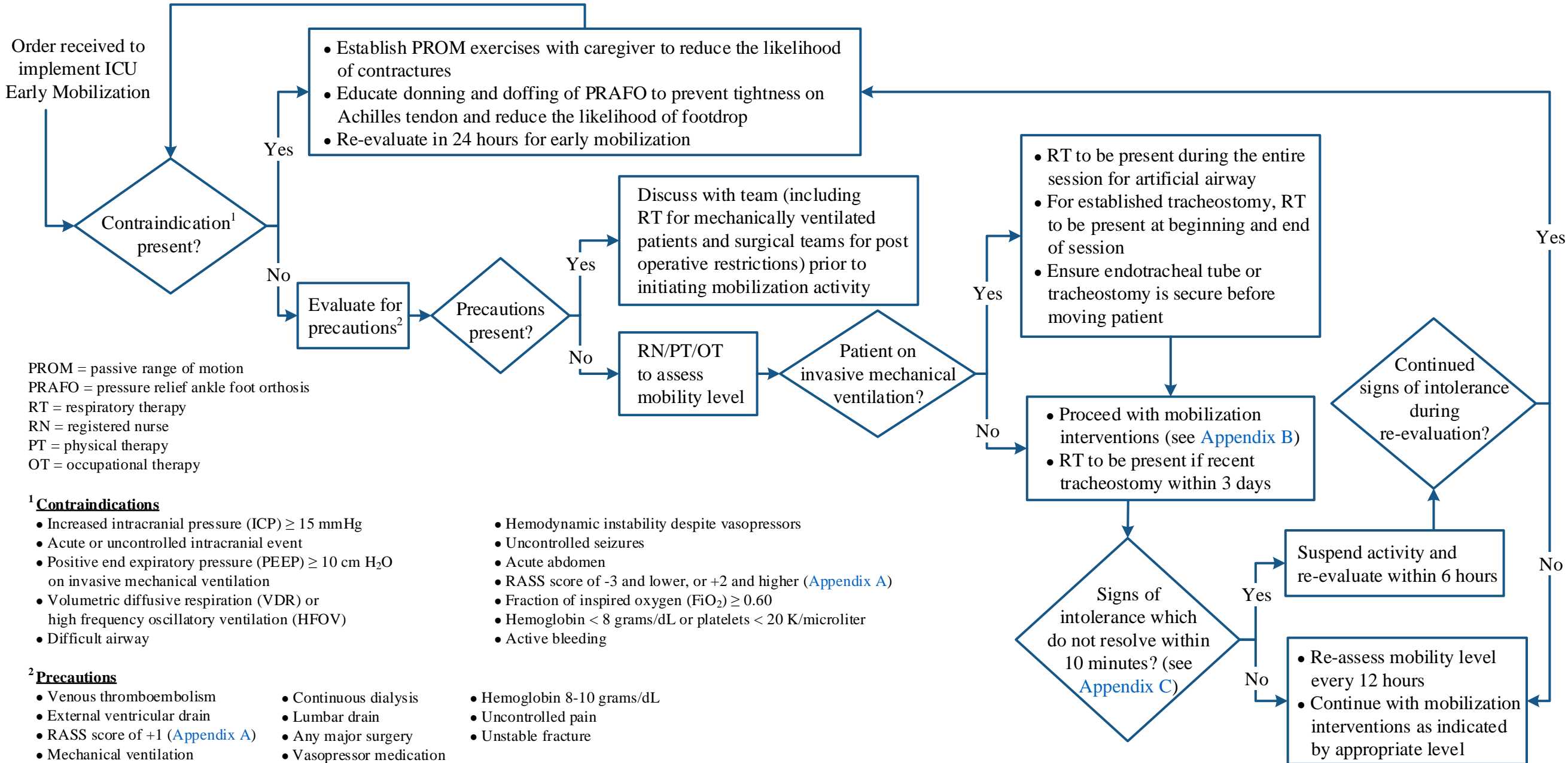


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PROM = passive range of motion
 PRAFO = pressure relief ankle foot orthosis
 RT = respiratory therapy
 RN = registered nurse
 PT = physical therapy
 OT = occupational therapy

¹ Contraindications

- Increased intracranial pressure (ICP) ≥ 15 mmHg
- Acute or uncontrolled intracranial event
- Positive end expiratory pressure (PEEP) ≥ 10 cm H₂O on invasive mechanical ventilation
- Volumetric diffusive respiration (VDR) or high frequency oscillatory ventilation (HFOV)
- Difficult airway
- Hemodynamic instability despite vasopressors
- Uncontrolled seizures
- Acute abdomen
- RASS score of -3 and lower, or +2 and higher (Appendix A)
- Fraction of inspired oxygen (FiO₂) ≥ 0.60
- Hemoglobin < 8 grams/dL or platelets < 20 K/microliter
- Active bleeding

² Precautions

- Venous thromboembolism
- External ventricular drain
- RASS score of +1 (Appendix A)
- Mechanical ventilation
- Continuous dialysis
- Lumbar drain
- Any major surgery
- Vasopressor medication
- Hemoglobin 8-10 grams/dL
- Uncontrolled pain
- Unstable fracture

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APPENDIX A: Richmond Agitation Sedation Scale (RASS)

+4	Combative	Overly combative, violent, immediate danger to staff
+3	Very agitated	Pulls or removes tube(s) or catheter(s); aggressive
+2	Agitated	Frequent non-purposeful movement, fights ventilator
+1	Restless	Anxious, but movements not aggressive or vigorous
0	Alert and calm	-
-1	Drowsy	Not fully alert, but has sustained awakening (eye-opening/eye contact) to voice (greater than or equal to 10 seconds)
-2	Light sedation	Briefly awakens with eye contact to voice (less than 10 seconds)
-3	Moderate sedation	Movement or eye openings to voice (but no eye contact)
-4	Deep sedation	No response to voice, but movement or eye opening to physical stimulation
-5	Unarousable	-

APPENDIX B: Mobility Levels

Mobility Level	Interventions
Level 1 RASS -5 to +2 Functional Level: Total Assist	<ul style="list-style-type: none"> • PROM BID x 10 repetitions with family/nursing staff/nursing assistant staff • Splinting and repositioning every 2 hours by nursing staff/nursing assistant staff • Bed in chair position BID by nursing staff/nursing assistant staff for 20 minutes to 2 hours • Skilled therapeutic interventions by PT/OT as indicated
Level 2 RASS -2 to +2 Functional Level: Maximum to Moderate Assist	<ul style="list-style-type: none"> • ROM exercises BID x 10 repetitions with family/nursing staff/nursing assistant staff • Splinting and repositioning every 2 hours by nursing staff/nursing assistant staff • Bed in chair position BID by nursing staff/nursing assistant staff for 20 minutes to 2 hours • OOB to neuro chair with family/nursing staff/nursing assistant staff for 30 minutes to 2 hours • Skilled therapeutic interventions by PT/OT as indicated • Participate in ADL
Level 3 RASS -1 to +2 Functional Level: Moderate Assist to Supervision	<ul style="list-style-type: none"> • Home exercise program BID • Reposition every 2 hours while in bed • OOB to bedside chair for 30 minutes to 2 hours • Ambulate as directed by PT/OT • Skilled therapeutic interventions by PT/OT as indicated • Participate in ADL

APPENDIX C: Signs of Intolerance

- Oxygen saturation less than 88%
- Increased work of breathing
- Use of accessory muscles
- Perioral cyanosis
- Breath holding
- Nasal flaring
- Subcostal retractions
- Change in character of cry
- Development of any contraindications
- Vital signs outside of pediatric normative values (see Appendix D)
- Irritability

APPENDIX D: Pediatric Normative Values

Age Group	Respiratory Rate per minute	Heart Rate per minute	Systolic Blood Pressure (mmHg)
Newborn (less than 1 month)	30-50	120-160	50-70
Infant (1-12 months)	20-30	80-140	70-100
Toddler (1-3 years)	20-30	80-130	80-110
Preschooler (4-5 years)	20-30	80-120	80-110
School age (6-12 years)	20-30	70-110	80-120
Adolescent (greater than 12 years)	12-20	55-105	110-120

PROM = passive range of motion
 ROM = range of motion
 OOB = out of bed
 ADL = activities of daily living
 BID = twice daily

Key

Total Assist (patient performs 0-24%)
 Maximum Assist (patient performs 25-49%)
 Moderate Assist (patient performs 50-74%)
 Minimum Assist (patient performs 75-99%)
 Supervision (assist patient with set up and/or cuing)

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DEVELOPMENT CREDITS

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