

Mobility I

The First Level of Four Levels of Mobility Classes

Department: Mobility and Fitness

Priority:

This is a very high priority class for entering students and for students who are dependent on wheel chairs.

Overall purpose of class:

This class is for students who use wheelchairs for mobility while at the Center, and are able to do some standing and walking with the assistance of one person. All students wear transfer belts and are physically assisted by their personal aide when available. One-an-one assistance is needed for many activities in this class

Number of classes held per week:

Daily

Optimum class time:

This class works best when scheduled for the first hour of the day as it requires maximum energy output for students. As it is first, a good solid warm up session on the adapted bikes is vital.

Instructor requirements:

1 Physical Therapist with two trained assistants and volunteers or personal aides available for each student

Number of students:

Limit is set by number of assistants and equipment available.

Student ability range and limitations:

Students must have enough endurance to participate. They must be cognitively aware with adequate hearing and vision to follow at least one direction at a time. Body and special awareness are critical also. Finally, students need to be able to tolerate some frustration while learning to complete challenging tasks and to assist, at least to a minimal degree, with their own mobility.

Space and Equipment requirements:

- minimum of 8 bikes
- one set of parallel bars
- at least one mirrored wall
- sturdy chairs with arms and seat risers (we use captains' chairs with custom built risers)
- walkers and canes
- transfer belts

Student Needs to be met from the perspective of the instructor:

Most students entering the program with seriously compromised mobility take this as one of their first classes at the Center. Students who need to increase fitness and strength and find exercise outside of the Center to be hard to obtain are also good candidates for the class.

Typical Student Goals that lead to placement in the class:

Students who are confined to wheelchairs and highly motivated to increase their mobility and independence request this class.

Mobility 1 Stations and Sample Exercises

Mobility I classes include a variety of "stations" that are individually tailored to the needs of each student and are varied from week-to-week. These stations may include the following:

1. Adapted Exercise Bicycles-Start the class with 10-15 minutes (less time for some students) of bike riding as a "warm-up" activity for those students that are able. Students should be seated in wheelchairs. This activity may be contraindicated for students with hip or knee joint replacements, severe arthritis, or other conditions that severely limit lower extremity range-of- motion.
2. Seated Exercises-total body flexibility exercises seated in wheelchair or chair. Students should assist the weaker arm or leg with the stronger one if necessary. Emphasis is on posture and symmetrical movements as well as increasing range-of- motion.
3. Wheelchair Transfers-practice wheelchair to chair or mat transfers towards both the stronger and weaker sides when Possible. Emphasis should be on the proper sequencing of steps for a safe transfer.
4. Wheelchair Mobility Activities-this may include pushing wheelchairs independently from station to station, simple obstacle courses in Room 18 or in the hallways, and maneuvering through doorways etc.
5. Bed Mobility-Activities such as mat transfers, rolling, and transfers from lying down to sitting may be appropriate for some students. These may be done on an individual basis if staffing permits.
6. Standups (see separate Standups description) -these may be done either seated in a wheelchair or from a captain's chair with or without a riser. This should be determined for each student on an individual basis. Students in Mobility 1 will probably need to use their armrests to push up from, but some may be able to do stand ups with hands clasped
7. Standing Balance Activities-this may include weight shifting, leg strengthening exercises and stretches using the parallel bars for support. (See examples under "warm-up" section of Mobility 2 outline.)
8. Walking Activities-this may include walking in the parallel bars or with use of canes or walker. Activities in the parallel bars should include walking forwards, sideways and backwards if possible. Proper weight shifting, symmetrical stride length, posture

should be emphasized as well as gradually building endurance through longer periods of walking between rests. Monitor students carefully for shortness of breath and overexertion.

9. Obstacle Courses-these may be tried to encourage the student to practice safe turns and avoidance of obstacles while walking with assistance.

Additional Detail Attached