

SOP: Mobility and Physical Therapy Guidelines

This SOP details **mobility and physical therapy guidelines**, covering patient assessment, personalized therapy plans, proper exercise techniques, use of assistive devices, safety protocols during sessions, progress monitoring, and documentation standards. The aim is to enhance patient mobility, reduce pain, prevent injury, and promote overall physical rehabilitation through structured and evidence-based therapeutic approaches.

1. Patient Assessment

1. Obtain complete patient history, including current mobility limitations, pain, and previous therapies.
2. Conduct standardized physical assessments (e.g., range of motion, strength, balance, gait analysis).
3. Establish baseline measurements for future comparison and goal setting.

2. Personalized Therapy Plans

1. Develop an individualized therapy plan based on assessment outcomes.
2. Set achievable short-term and long-term rehabilitation goals in collaboration with the patient.
3. Coordinate with multidisciplinary teams as needed.

3. Exercise Techniques and Interventions

1. Select appropriate therapeutic exercises (e.g., stretching, strengthening, balance training).
2. Document and demonstrate correct technique to the patient.
3. Progress exercise intensity, frequency, and type based on patient response and goals.

4. Use of Assistive Devices

1. Assess and prescribe suitable assistive devices when indicated (e.g., canes, walkers, braces).
2. Provide clear instructions and education for device use and maintenance.
3. Reevaluate device effectiveness at each session.

5. Safety Protocols During Sessions

1. Ensure all equipment is in good condition prior to use.
2. Maintain a safe environment, free from obstacles and hazards.
3. Monitor vital signs and signs of distress during therapy.
4. Respond immediately to falls, injuries, or acute changes in patient status.

6. Progress Monitoring

1. Reassess patient mobility, pain, and function at regular intervals.
2. Document changes and adapt therapy plan as needed.
3. Communicate progress with patient and relevant healthcare team members.

7. Documentation Standards

1. Record all assessments, interventions, and patient responses promptly and accurately.
2. Maintain confidentiality as per healthcare privacy regulations.
3. Ensure records are up-to-date, clear, and accessible to authorized personnel.

8. References

- American Physical Therapy Association (APTA) Clinical Guidelines
- Facility-specific mobility and rehabilitation policies
- Relevant peer-reviewed literature and best practice recommendations