



**Certified Caregiver / Personal Health
Support Worker**

Student Manual Part Two Module Five Assisting a Person with Mobility



TABLE OF CONTENTS

PART 2 MODULE 5 - ASSISTING A PERSON WITH MOBILITY	1
QUOTE	1
KEY TERMINOLOGY	1
MODULE CONTENT	1
MUSCULOSKELETAL MOVEMENT.....	1
<i>Figure 2-5.1 Musculoskeletal System.....</i>	<i>1</i>
<i>Figure 2-5.2 Nerve-Muscle Interface.....</i>	<i>2</i>
<i>Nerve-Muscle Interface.....</i>	<i>2</i>
<i>Figure 2-5.3 Knee Joint.....</i>	<i>4</i>
<i>Figure 2-5.4 Spinal Column.....</i>	<i>5</i>
<i>Figure 2-5.5 Posture.....</i>	<i>6</i>
<i>Figure 2-5.6 The Diagonal Lift.....</i>	<i>7</i>
<i>Figure 2-5.7 Body supports</i>	<i>8</i>
<i>Figure 2-5.8 Anatomic position</i>	<i>9</i>
<i>Figure 2-5.9 Supine Position</i>	<i>10</i>
<i>Figure 2-5.10 Prone Position</i>	<i>10</i>
<i>Figure 2-5.11 Lateral Side-Lying</i>	<i>10</i>
SIMS' POSITION.....	10
<i>Figure 2-5.12 Sims' Position</i>	<i>11</i>
BED POSITIONS.....	11
<i>Figure 2-5.13 Trendlenberg's Position.....</i>	<i>11</i>
<i>Figure 2-5.14 Bed Positions</i>	<i>13</i>
<i>Chair Positions</i>	<i>14</i>
<i>Figure 2-5.15 Wheelchair.....</i>	<i>14</i>
<i>Figure 2-5.16 Motorized Wheelchair.....</i>	<i>14</i>
<i>Figure 2-5.17 Sitting Position.....</i>	<i>15</i>
<i>Mechanical Lifts.....</i>	<i>15</i>
<i>Transfers.....</i>	<i>15</i>
<i>Turning Client from Supine to Prone Position.....</i>	<i>15</i>
<i>Turning Client from a Supine to a Lateral Position (One PSW).....</i>	<i>17</i>
<i>Figure 2-5.18 Supine to Lateral Part A</i>	<i>17</i>
<i>Figure 2-5.19 Supine to Lateral Part B</i>	<i>17</i>
<i>Moving Client to Side of Bed in Supine or Prone Position (One PSW).....</i>	<i>19</i>
<i>Figure 2-5.20 Client to Side A</i>	<i>19</i>
<i>Figure 2-5.21 Client to Side B</i>	<i>20</i>
<i>Figure 2-5.22 Client to Side C.....</i>	<i>20</i>
<i>Figure 2-5.23 Two PSW Move A.....</i>	<i>21</i>
<i>Figure 2-5.24 Two PSW Move B.....</i>	<i>21</i>
<i>Moving Client Up or Down in Bed (No Client Assistance and Two PSW Lifters).....</i>	<i>22</i>
<i>Figure 2-5.25 Two PSW Move.....</i>	<i>22</i>
<i>Moving Client Up in Bed with Trapeze.....</i>	<i>23</i>
<i>Figure 2-5.26 Trapeze.....</i>	<i>24</i>
<i>Turning Sheet.....</i>	<i>25</i>
<i>Figure 2-5.27 Turning Sheet.....</i>	<i>25</i>
<i>Total Lift Transfer with Three PSW Carry.....</i>	<i>26</i>
<i>Figure 2-5.28 Three PSW Lift A</i>	<i>26</i>
<i>Figure 2-5.29 Three PSW Lift B</i>	<i>27</i>
<i>Figure 2-5.30 Three PSW Lift C.....</i>	<i>27</i>
<i>Bed Lift to Sitting Position with One Person</i>	<i>28</i>
<i>Figure 2-5.31 Sitting in bed.....</i>	<i>28</i>
<i>Transfer from Bed to Chair or Wheelchair.....</i>	<i>29</i>
<i>Figure 2-5.32 Transfer Disk</i>	<i>30</i>
<i>Transfer from Wheelchair to Toilet.....</i>	<i>30</i>
WHEELCHAIRS	30
<i>Figure 2-5.33 Sand Wheelchair.....</i>	<i>31</i>
<i>Figure 2-5.34 Traditional Wheelchair.....</i>	<i>31</i>

AMBULATION	32
AMBULATING CLIENTS AND ASSISTING DEVICES	32
<i>Figure 2-5.35 Crutch</i>	<i>33</i>
<i>Figure 2-5.36 Walker</i>	<i>34</i>
CRUTCHES.....	34
<i>Range-of-Motion (ROM) Exercises.....</i>	<i>35</i>
<i>Figure 2-5.37 ROM Wrist</i>	<i>36</i>
<i>Figure 2-5.38 ROM Toes</i>	<i>36</i>
<i>Figure 2-5.39 ROM Ankles</i>	<i>36</i>
<i>Figure 2-5.40 ROM Elbow.....</i>	<i>37</i>
<i>Figure 2-5.41 ROM Fingers</i>	<i>37</i>
<i>Figure 2-5.42 ROM Forearm.....</i>	<i>37</i>
<i>Figure 2-5.43 ROM Hip.....</i>	<i>37</i>
<i>Figure 2-5.44 ROM Knee.....</i>	<i>38</i>
<i>Figure 2-5.45 ROM Neck.....</i>	<i>38</i>
<i>Figure 2-5.46 ROM Shoulder</i>	<i>39</i>
<i>Figure 2-5.47 ROM Thumb.....</i>	<i>39</i>
<i>Care</i>	<i>40</i>
<i>Figure 2-5.48 Figure Skin Breakdown Prevention</i>	<i>40</i>
<i>Disorders Associated with the Musculoskeletal System.....</i>	<i>41</i>
<i>Symptoms</i>	<i>43</i>
<i>Joint replacement.....</i>	<i>44</i>
<i>Figure 2-5.49 Knee surgery pictures</i>	<i>44</i>
<i>Total joint replacement</i>	<i>46</i>
<i>Osteoporosis</i>	<i>47</i>
<i>Amputation.....</i>	<i>48</i>
ACTIVITIES OF DAILY LIVING (ADL).....	48
<i>ADLs FOR THE CARE-RECEIVER'S WITH LOW ENERGY LEVELS</i>	<i>49</i>
SUMMARY.....	49
STUDY GUIDE	50