**Early Progressive Mobility Protocol**

**STEP 1: Screen for safety**
Evaluate daily

**M Myocardial Stability**
- No active cardiac ischemia within past 12-24 hours
- No dysrhythmia requiring new antidysrhythmic agent within past 12-24 hours

**O Oxygenation Stability**
- $\text{FiO}_2 < 0.85$ on mechanical ventilation
- PEEP $< 15$ cm H$_2$O
- No unsecured airway

**V Vasopressor Use**
- No new or increase of any vasopressor $\times 2$ hrs

**E Engages to Voice**
- Responds to verbal stimulation
- RASS $< +3$, or SAS $< 6$

**N Neuro Stability**
- ICP $< 15$
- No acute or uncontrolled intracranial event

*Does not meet criteria = Start at Level 1 and evaluate in 12 hours*

*Meets all criteria = Start at Level 2 and Progress*

**STEP 2: Implement Progressive Mobility**

<table>
<thead>
<tr>
<th>LEVEL</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
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<tbody>
<tr>
<td><strong>Goal:</strong> Clinical stability and able to move arm against gravity</td>
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<tr>
<td>- Passive ROM TID</td>
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<td>- Turn Q2 Hours</td>
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<tr>
<td>- Turn Q2 hours</td>
<td>- Active-resistance PT</td>
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*Goal: Sitting upright and able to move leg against gravity*

*Goal: Increased strength and stands with minimal to moderate assist*

*Goal: Strength and distance walk*

- Self or assisted turn Q2 Hours
- Active-resistance PT
- Active transfer to chair $\geq 20$ min 3 x/day
- Ambulation (marching in place, walking in halls)
Cut these visual cues. Use them as door signs, or bedside signs to communicate the patient’s daily mobility goals.

1 LEVEL

**Goal:** Clinical stability and able to move arm against gravity
- Passive ROM TID
- Turn Q2 hours
- Active-resistance PT
- Sitting position 20 min TID

2 LEVEL

**Goal:** Sitting upright and able to move leg against gravity
- Passive ROM TID
- Turn Q2 Hours
- Active-resistance PT
- Sitting position 20 min TID
- Sitting on edge of bed

3 LEVEL

**Goal:** Increased strength and stands with minimal to moderate assist
- Turn Q2 Hours
- Active-resistance PT
- Sitting position 20 min TID
- Sitting on edge of bed
- Active transfer to chair ≥20 min 2 x/day

4 LEVEL

**Goal:** Strength and distance walk
- Self or assisted turn Q2 Hours
- Active-resistance PT
- Active transfer to chair ≥20 min 3 x/day
- Ambulation (marching in place, walking in halls)