

# June 2018 Very Early Mobilization for Stroke



June 2018

Hello members.

Each month we are choosing a topic and providing a clinical point of view with abstract and a link to the article. At the end of the month, we are providing a clinical pearl, demonstrating ideas about the topic that can be implemented into practice.

This month, the focus has been early mobilization. Below are 2 videos for ideas on getting a difficult patient moving.

Enjoy.

### [Friction reducing sheet video 1](#)

*Early mobility is essential for optimal recovery in most of our patients. Friction reducing devices (FRD) or sheets are an economical, easy way to start early mobility right in bed. In these two videos, you will see how PT Brad Hill and colleagues utilize friction-reducing sheets for bed mobility and transfers. FRD can assist in allowing the patient to do more themselves and to achieve more reps for higher intensity work.*

### [Friction reducing sheet video 2.](#)

*In this video, you will see a series of ideas for using Friction Reducing Devices (sheets) for more intense exercise for early mobility. Friction reducing sheets are easy to use. Depending on the sheet, they can be reusable/washable or disposable sheets for one-time or one-patient use. Thanks to Central Michigan University DPT students Marjeane Bothma, Heidi Garner and Danielle Puckett for demonstrating these creative ideas for early mobility.*

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