## **ADL Progression Decision Tree**

Assess patient bedlevel- supine. Assess vitals, cognition, direction following, etc. OK to transition patient to edge of bed (EOB)?

YES

NO Keep patient bedlevel; HOB elevated. Are BPs stable. sx resolved? NO YES Progress to EOB. Stay bedlevel. Assess vitals. YES Notify RN/MD unsupported sitting and monitor/ balance with fxl reassess.

reach. Can pt

tolerate sitting

upright?

Return to supine. Notify RN/MD and monitor/ reassess. Consider ADLs at bedlevel including toileting (bedpan) for safety.

NO

Check vitals. If stable, transfer patient to wheelchair (w/c). Once in w/c with back support, are patient's balance reactions effective?

NO

Stay in w/c with back support. Work on balance reactions, fxl reach within and across base of support (BOS), weightshifting, pressure relief, UE and core strength/ endurance. As this improves, trial toilet transfers at a hands-on level (steadying Contact Guard Assist) once seated. Progress to unsupported sitting away from w/c back.

Continue to work on seated balance in w/c, and progress to dynamic balance with fxl reach outside BOS/ midline. Trial reaching towards feet in forward hip flexion/ anterior trunk translation and figure 4 technique for

donning socks and

shoes.

**YES** 

NO

Blocked transfers training w/c <> toilet, w/c <> shower chair, etc to improve carryover and safety. Work on dynamic sitting balance reaching outside of base of support. Review DME (shower chair, tub transfer bench, grab bars, etc).

NO

Progress to unsupported sitting in w/c with fxl reach inside base of support (BOS) and across midline. Are the patient's sitting balance reactions effective?

**YES** 

Trial toilet transfer and maintain CL SUP once patient is seated. If successful and balance reactions are stable. progress to SUP/DIST SUP as appropriate. Trial dry transfer to shower chair (practice transfer without water on). Safe?

YES

Complete shower level ADL seated.

In tx sessions: progress to intermittent standing with static balance, then progress to dynamic balance within BOS. When safe, progress to partial standing → full standing during shower level ADL. Continue to monitor safety.

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