

## Intensive Care Unit Mobility Scale (ICUMS)

	Classification	Definition
<b>0</b>	No activity, lying in bed	Passively rolled or passively exercised by staff, but not actively moving
<b>1</b>	Sitting in bed, exercises in bed	Any activity in bed including rolling, bridging, active exercise, cycling
<b>2</b>	Passively moved to chair (no standing)	Hoist, passive lift or slide transfer to the chair with no standing or sitting on the edge of the bed
<b>3</b>	Sitting over edge of bed	May be assisted by staff, but involves actively sitting over the side of the bed with some trunk control
<b>4</b>	Standing	Weight-bearing through the feet in standing position with or without assistance
<b>5</b>	Transfer to chair	Able to step or shuffle through standing to the chair. This involves actively transferring weight from one leg to another to move to the chair.
<b>6</b>	Marching in place (at bedside)	Able to walk in place by lifting alternate feet (at least 4 times, twice on each foot), with or without assistance
<b>7</b>	Walking with assistance of 2 or more people	Walks at least 15 feet with assistance of 2 or more people
<b>8</b>	Walking with assistance of 1 person	Walks at least 15 feet with assistance of 1 person
<b>9</b>	Walking independently with gait aid	Walks at least 15 feet with assistance of gait aid. If wheelchair bound, wheels chair at least 15 feet independently
<b>10</b>	Walking independently without a gait aid	Walks at least 15 feet without any assistance

(Hodgson et al., 2014; Tipping et al., 2016)

### Contraindications to Mobility:

Significant dose of vasopressors for hemodynamic instability
Mechanically ventilated with FiO <sub>2</sub> >.8 and/or PEEP >12, acutely worsening respiratory failure
Neuromuscular blockers
Acute neurologic event (CVA, SAH, ICH, SDH) with worsening mental status and/or ICP >20
Unstable spine or extremity fractures
Poor prognosis with plan to transition to comfort care
Open abdomen, at risk for dehiscence
Active bleeding

### Indications for Physical Therapy Evaluation

Stable extremity fractures
Spinal fractures requiring a brace
Spinal cord injury
Moderate to severe traumatic brain injury
Baseline disability/fall from standing
Poor tolerance of activity with nursing staff