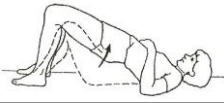
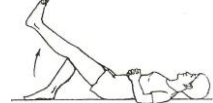




Patient assessment procedures and screening tool

Checklist	Can the patient...?	Muscle strength required for:
	<p>Roll from side to side in bed</p>	<p>General movement and ability to perform majority of the transfer</p>
		<p>Move legs over one at a time in the direction of the desired movement</p>
Weight Bearing	<p>Lift one or both hips off the bed (i.e. bridging)</p> 	<p>Standing up from a sitting position Strength to boost</p>
	<p>Straight leg raise</p> 	<p>Maintaining a standing position once upright</p>
	<p>Push against your hand, placed into the soles of each foot. "I'm going to bend your leg – don't let me" (supine or seated)</p>	<p>Hip extensor strength to move from sit to stand position</p>
Transfer Readiness (ACES)	<p>Sit up at the side of the bed unsupported</p>	<p>Coordinated movement of the head, body, arms and legs necessary for moving in an upright position</p>
	<p>Maintain balance side to side in sitting</p> 	<p>Standing balance</p>
	<p>Lean forward while seated ("Nose over toes")</p>	<p>Able to shift weight to move into a standing position</p>
	<p>Have patient resist push/pull movement with bent elbow. Say, "I am going to push against your arm – don't let me"</p> 	<p>Pushing down on the bed, wheelchair arms or chair arms in order to assist in standing</p>
	<p>While keeping their knees straight, move their foot in a circle up & down</p> 