Mobility 1.1: Proper Body Mechanics

Hello fellow student physical therapists, today we're going to be talking about body mechanics. So, we're going to be learning what it is and how to apply it in the clinical setting. So hopefully we can get a handle, “handle” on the situation and hopefully this video will be educational as well as humorous.

Body mechanics is the way in which we position our bodies during tasks. It's important as future PTs to perform efficient and safe movement for the safety of our patients as well as ours.

 Some major keys to success right over here, so number one: be a boss with your BoS; have the stability for ability; keep close to do the most; resist the twist; and watch your back to keep your career intact.

Notice the students small base of support as she tries to lift the patient, she's using her arms and her back. Now, notice how her base of support has widened providing more efficient movement and now it has turned into a simple weight shift.

Notice the student PT not bending her knees. she finds that it is difficult to move the patient without her stability. Now, notice how she bends at the hips and the knees and now she finds that she is stable, and she is able to move the patient safely and efficiently. So, if you're stable, you're able.

Notice how the student PT stays far away from the patient. She finds that she can't move the patient safely. By coming in close, and keeping the patient close to her, the student finds that she can do the most efficient and safe movement for the patient.

Notice how the student PT tries to twist to move the wheelchair closer. she finds that it hurts her back. In order to avoid twisting motions it's important to plan ahead or to move the equipment in a safe and efficient manner, that way the student PT is not hurt, and the patient is safe as well. So, remember to resist the twist.

Notice how the student PT tries to initiate bed mobility. She finds that the table is too low, and her back is hurting. It's important to prepare the environment in ways that promote patient safety as well as the clinicians. Raising the table allows the student PT to become closer to the patient in order to initiate proper and safe bed mobility. Studies have shown that poor and awkward posture like what was seen in this segment could potentially cause structural deformation of the body low back pain and fatigue. Now that the bed is higher, the student PT can perform proper bed mobility with proper body mechanics.

All right, some additional information it's important to plan ahead, know the load when possible, and clear a path for travel. It's very important for patient safety and for clinician efficiency.

Next, align your body in order to use larger muscles to perform heavier work; this means attaining a partial squat position prior to lifting. It allows the muscles of the legs to generate most of the lifting force.

Next, make sure you exhale during exertion lifting heavy objects increases intra-abdominal pressure. That pressure is further increased when you hold your breath during heavy lifts such as while performing a Valsalva maneuver.

Next, push rather than pull several factors contribute to the advantages of pushing over pulling. pushing allows you to stand with a larger base of support and a lower centre of mass, creating a more stable stance from which to generate movement. it also allows you to align yourself so that your larger muscles are doing most of the work and lastly, get help if you need it. If a task is more challenging than you anticipated, it is the best course of action to get assistance. Remember, patient safety first.

All right student PT's looks like the wait is over hope you had a ball with this presentation and you guys learn something about being a boss with your BoS, base of support, having the stability in order to have the ability to transfer patients, move patients, with efficiency; keeping close to do the most efficient work; resisting the twist; and finally watching your back to keep your career intact.

I hope this video helps you become a great physical therapist in the future, and I'll see you there!