Existing physiotherapy referral? NO

High ICUAW risk AND no contraindications

Discuss referral with medical staff

YES

Does current condition permit treatment?

YES

Re-assess in the afternoon

Is patient arousable? (If permitted, reduce sedation)

YES

STEP 1
Resistance training, if impossible active assistive movement

STEP 2
Motor-assisted or active cycling, aim for 20 Min

STEP 3
Positioning OR mobilisation with active / assisted functional exercises (Figure 3)

STEP-Progression dependent on tolerance and stability

Re-assess daily

NO

Consider to split therapy into two or more sessions, if appropriate

NO

Discuss referral with medical staff

YES

YES

STEP 1
Passive range of movement exercises, tactile facilitation

STEP 2
Passive cycling, maximum of 20min with 20 cycles / min

STEP 3
Passive positioning OR mobilisation (Figure 3)