Application of the Physical Mobility Scale for a patient with multiple traumas in the acute care setting: A case report

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Background and Purpose
Each year 76,000 pedestrians are struck by motor vehicles, many resulting in multiple traumas requiring hospitalization averaging 10.8 (± 16.7) days. By definition, multiple trauma spans multiple systems, which makes measurement of outcomes complex. The purpose of this case report is to show the effectiveness of the Physical Mobility Scale for measuring improvements in functional mobility that cross multiple systems for a 35 year-old patient in the acute care setting with multiple traumas following a pedestrian-car crash.

Case Description
A 35-year-old female admitted to an acute care hospital following a pedestrian-motor vehicle accident. The patient presented with multiple and severe neuromusculoskeletal failures grossly affecting physical mobility and self-care.

Outcomes
Improvement in mobility is evident comparing the patient’s Physical Mobility scores on initial evaluation (0/45) and discharge (13/45). Functionally, the patient progressed from dependent to independent in all bed mobility and was able to transfer with less assist to the bedside chair.

Discussion
The Physical Mobility Scale was sensitive enough to reflect daily change in mobility. This case demonstrates the usefulness of the Physical Mobility Scale in the acute care setting for measuring changes in function or a young adult patient with multiple traumas.

Key Words: Physical Mobility Scale, multiple traumas, motor vehicle accident, acute care