



Standard of Practice Exercise

This standard of practice is to support the CSW in providing safe, respectful and effective personal care to the public population in a dignified and ethical approach. Standards of Practice outline the expectations of the CSW and their responsibility in the delivery of care.

Exercise

Physical exercise is any bodily activity that enhances or maintains physical fitness and overall health and wellness.

This takes the form of many activities such as walking, swimming aerobics, yoga, etc. Range of Motion (ROM) exercise involves exercising the joints through their complete range of motion, without causing pain.

If the person(s) is unable to ambulate on their own and requires assistance of another person to do this, then the person(s) would require Support Worker assistance.

The CSW may perform exercises with the person(s) and encourage the person(s) to participate in any physical activity that the person(s) was previously performing.

Exercise is not only limited to encouraging normal body movements but may include Range of Motion (ROM) exercises as outlined in the Plan of Care.

The CSW may not prescribe exercises nor will the CSW perform passive or active range of motion if the Plan of Care does not state specific ROM to be provided. Physiotherapy for injuries, surgery or rehabilitation involves a trained licensed professional such as a Physiotherapist (PT). There will be times when the person(s) is encouraged to perform exercises prescribed by a PT or physician; the CSW will cue the person(s) to perform these and may be

asked to assist, but only if the procedure has been properly delegated by a health professional.