

Safe Patient Handling & Mobility (SPHM) in Physical and Occupational Therapy Programs

Educating to Empower: SPHM as a Catalyst for Safer Therapy Practice

Preparing **future** therapists to **implement evidence-based SPHM practices** by using technology, such as powered lifts and mobility devices, to **support** innovative therapeutic interventions **for safe patient mobilization and fall prevention** while **reducing** work-related musculoskeletal disorders (WMSDs) to ensure **a safe and fulfilling career**.



ISSUE

If over 40 years of evidence indicates that using “**proper body mechanics**” **does not prevent injury** when manually handling patients, then **why is it still being taught** as the key concept for safe mobilization of patients in many **PT and OT programs**?



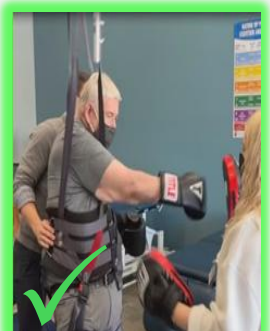
CONSEQUENCE

- The **lifetime prevalence of WMSDs** among PTs is **55-91%**
- **50% of manual therapy & transfers/lifts** lead to therapist **injuries**
- Injured therapists **cannot provide** effective and high-quality **therapeutic interventions** for patients needing physical support

“Rather than accelerating culture change toward safe mobilization of patients, university-level preparation may be retarding the progress...” Wiggermann et al., 2024

SOLUTION

Let's accelerate culture change in higher education programs and equip the next generation of PTs/PTAs and OTs/COTAs with strategies for self-protection while progressing their patients' rehabilitation journey using **SPHM**!



How to get started?

- Check out the “SPHM Education in Health Care Student Curriculum White Paper” Scan QR code or download from: <https://asphp.org/wp-content/uploads/2023/09/SPHM-Curriculum-White-Paper.pdf>
- Visit the SPHM Curriculum Webpage at www.asphp.org
- Questions? Please contact info@asphp.org

