



*This standard of practice is to support the PSW 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 PSW 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. ROM moving a joint to the extent possible without causing pain. ROM exercise involves exercising the joints through their complete range of motion.

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 Personal Support Worker assistance. The PSW 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 PSW may not prescribe exercises nor will the PSW 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 involve a trained licensed professional such as a Physio Therapist (PT). There will be times when the person(s) is encouraged to perform exercises prescribed by a PT or physician; the PSW will cue the person(s) to perform these and may be asked to assist, but only if the procedure has been delegated by the RHP.

**RHP-Regulated Healthcare Provider**

**PSW – Personal Support Worker**

**Resources - Sheila A. Sorrentino, PhD, RN, Leighann Remmert, MS, RN and Mary J. Wilk, RN, GNC(C), BA, BScN, MN, Mosby's Canadian Textbook for the Support Worker, 3rd Edition**