Body mechanics Lec:10

Definition: is the term used to describe the physical coordination of all parts of the body.

Purpose:

1. To keep important organs in their correct anatomical and physiological position.
2. To facilitate good muscular control and the smoothness of movement.
3. To move and work with minimum muscular effort.
4. To make good impression on other and produce feeling of self confidence.

Body posture: is the relation of various parts of the body at rest or in any phase of activity.

Factors that affect on body mechanics and posture:

1. General health.
2. Nutrition.
3. Emotions.
4. Situation factors.
5. Life style.

The important of exercise:

1. Improve the strength and flexibility of all body muscle.
2. Improve blood circulation.
3. Promote good respiratory function.
4. Relieve depression.

Common danger immobility:

1. **Respiratory system:** like collapse of lung tissue.
2. **Circulatory system:** like thrombosis, bed sores.
3. **Urinary system:** like urinary tract infection or stone.
4. **Gastro intestinal system:** happened disturbance in appetite, poor digestion, constipation.
5. **Psychological effects.**

Type of changing patient position:

1. Helping the patient move to the side of the bed.
2. Raising the shoulder of helpless patient.
3. Raising the shoulder of semi helpless patient.
4. Moving the helpless patient up in the bed **(two nurses)**.
5. Using a draw sheet pill to move a helpless patient up in bed.
6. Assisting the patient to get out of bed and into a chair.

Body position for comfort

1. Standing position (anatomical position).
2. Dorsal recumbent position.
3. Sitting position.
4. Prone position.
5. Fowler's position.
6. Lateral position.
7. Sim's position.
8. Lithotomy position 10. Trendelenburgs position.

11. Knee-chest position.

The purpose of changing position:

1. For diagnosis.
2. To prevent bed sores.
3. To help out of drainage.
4. For rest.
5. For therapeutic.