

Low Back Mobility Context Map

Use this map to connect low-back observations with specific mobility situations in professional care settings.

Field	Use / Options
Care setting	Long-term care / Nursing center / Rehab or pain-recovery center / Home-community care / Other
Record point	This shift / This activity / This week / Before review
Anonymous case ID	No name, no medical record number
Completed by	Nurse / Care assistant / Rehab-support staff / Coordinator

Main mobility context	[]	What changed?	[]	Support used	[]
Sit-to-stand	[]	More support needed	[]	Verbal prompt	[]
Walking	[]	Movement delayed	[]	Staff assistance	[]
Bed mobility	[]	Activity avoided	[]	Walking aid	[]
Stairs	[]	Activity stopped	[]	Adjusted activity order	[]
Transfer	[]	Rest pause needed	[]	Rest pause	[]
Personal care	[]	More reminders needed	[]	Handover note completed	[]
Other repeated activity	[]	Unclear - needs review	[]		

Final handover output	Use in 3 minutes	Do not record
One mobility context to hand over or review 	1. Choose the care setting. 2. Tick the main context. 3. Tick one gap or change. 4. Choose one next action.	No patient name. No medical record number. No diagnosis. No outcome claim.

Boundary: this worksheet supports workflow documentation and handover preparation. It does not diagnose, prescribe treatment, compare clinical outcomes, or replace professional assessment.

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