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In-bed cycling promotes early rehabilitation in the ICU

Physiotherapists in the General Campus Intensive Care Unit (ICU) are teaming up with intensivists and research teams across the province to bring in-bed cycling to critically-ill patients. The CYCLE (Critical care cycling to improve lower extremity strength) Research Program is the first study of its kind in Canada.



Patients who survive critical illness often experience long-term functional limitations that can last up to five years after their ICU stay. While physiotherapists in the ICU face many challenges to providing care, including patients who are mechanically ventilated and sedated, exercise or physiotherapy interventions are the most effective methods known to improve long-term physical function in the critically ill.

In-bed cycling allows therapists to begin rehabilitation early in patients' ICU stay, and can easily accommodate each individual's functional ability. CYCLE is studying whether early exercise using in-bed cycling helps patients recover faster from their ICU stay. The Ottawa Hospital is one of seven hospitals across Ontario participating in the CYCLE pilot Randomized Clinical Trial (RCT).

So far, over 70 frontline physiotherapists have been involved with CYCLE, providing the randomized interventions and/or completing outcome measures and functional assessments. More involvement is to come as the CYCLE pilot RCT expands to a future full-scale RCT. We are thrilled to be able to offer this exciting intervention to our patients, and look forward to expanding the knowledge base for early rehabilitation interventions in critical care.

Ottawa physiotherapists involved in CYCLE include Josée Lamontagne, Rachel Goard, Michelle Cummings, and Sarah Patten.

[Learn more about CYCLE here.](#)

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trainer

- ▶ Upcoming ISMP Canada workshop: Failure Mode and Effects Analysis
- ▶ \$3.5M to make mobile immunization app available to everyone, everywhere
- ▶ Cardiovascular researchers get \$1.2M boost from Heart and Stroke Foundation
- ▶ Frontline Credit Union offers business and association accounts
- ▶ Crust & Crate promotion
- ▶ TD Insurance: When we drive, our safety is often riding on our tires.
- ▶ Limited time – new Telus Mobility offer
- ▶ You're in my care: Spiritual care tailored to suit patients of all backgrounds
- ▶ Journal Express: Ortho leads Canada's understanding of bone regeneration
- ▶ Journal: Read the May edition online

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