



## BLOCK, SQUAT & ROCK

**PURPOSE:** To reposition the client to the front of the chair to walk or pivot

**Number of caregivers:** One

**Weight considerations:** No weight restriction

**Level of difficulty:** Complex



## NECESSARY PROCEDURES TO ENSURE SAFE CLIENT

### BEFORE BEGINNING A LIFT OR TRANSFER

1. Check the pictogram.
2. Assess and prepare the client and the environment:
  - Has their status changed
  - Do they need preparatory help, such as clearing a pathway, placing equipment (canes, walkers, etc.) within reach, or ensuring personal articles are in place.
  - Does the client with emotional needs or cognitive or visual deficits (confusion, blindness, mental instability, aggression, etc.) need spoken instructions?
3. Assess your physical limitations (How are you feeling? Do you need a second person? Do you need to use a mechanical lift?)
4. Request assistance, if required.
5. Explain the procedure to the client and show them how to help, if possible, keeping instructions short and simple.
6. Follow the essential tips for safe and efficient body mechanics in the Employee Training Booklet.
7. After completing the technique, assess the client's comfort.



# POSITIONING AND MOVEMENT

## REPOSITIONING TRANSFER: BLOCK, SQUAT & ROCK COMPLEX

### CONSIDER

#### Direction of Movement

Front-to-back, back-to-front, side-to-side, side-to-side (on the diagonal), or side-to-side (with pivot) = 90°, upright and forward to down and back, down and back to upright and forward.

### CLIENT

Back-to-front

Each side of buttock is moved forward in chair separately.

### CAREGIVER

**Body rock:** Side-to-side (on the diagonal) (1, 2, 3)

Client loaded to side and buttock on that side is raised off chair

**Pivot:** Front-to-back and down (4)

Buttock stays raised and is then moved forward in chair

### CONSIDER



#### Line of Movement

As close to the horizontal as possible.

### CLIENT

30°   
Horizontal 

### CAREGIVER

Horizontal  (1, 2, 3)  
30°  (4)

### CONSIDER

#### Range of Movement

The span of movement that covers the distance between the start and end of the move. Distance of caregiver's move equals client's span of move.

### CLIENT

How far do they need to be moved forward in the chair?

### CAREGIVER

Start foot faces the load, end foot faces direction of move; place end foot first to cover span (2). Place end foot far enough forward to ensure backward movement will fall within base of support (1, 2). Start foot should be positioned back to create a side-to-side stance on the diagonal (1, 2).

### CONSIDER

#### Point of Force Application

The point where the force is applied to the client's body.

### CLIENT

Scapula and buttocks

### CAREGIVER

Stand in front of and as close to the client as possible with a wide stance; close enough so that you are straddling their legs. Lower your centre of gravity by flexing at the hips, knees and ankles. This will allow your buttocks to move away from the client (1). If necessary, block the wheel of the chair with your end foot. Next, slide arm on that side around shoulders and place hand on the client's scapula using an open hand grasp (4). Place your opposite hand under or as close as possible to the client's sacrum as possible and package them by applying a specific brace and gentle force between both hands (scapula and sacrum) (2, 3). Now, apply your general brace in preparation for the move.

## CONSIDER

### Command and Count

Verbal command given by caregiver.

## CLIENT

## CAREGIVER

**CHEST UP, BACK STRAIGHT, ARMS BRACED... 1, 2, LOAD (2), PUSH (3), PIVOT (4)**

## CONSIDER

### Force Production

The force needed to effect movement, which is relayed from your feet, knees and/or hands through the braced body and arms to the point of force application. For example, friction and weight will dictate the amount of force required.

## CLIENT

Reduce friction and weight by:

- Packaging the client.
- Leaning upper body forward to raise buttocks off chair.
- Initiating body rock to create momentum and raise buttock off chair.

## CAREGIVER

The momentum achieved with the body rock starts and assists the move. While maintaining your general brace, begin your count. Load to the side of the buttock that you wish to raise by **PUSHING** through your end foot and shifting your body weight as a unit to the start foot (**2**). Next, **PUSH** through your start foot and shift your body weight as a unit to your end foot (**3**). The force is relayed through your braced body and arms to the client's buttock, raising it off the chair. Now, pivot through your start foot by raising that toe and allowing your pelvis to rotate outward and away from the client (**4**). At the same time, shift your body weight as a unit back and down to the end foot (**4**). Remember to flex the end knee upon completion of the move. This will allow the client's buttock to slide forward in the chair. Reposition yourself to achieve the same movement on the opposite side.

## CONSIDER

### Tips

## CLIENT

- Excellent for resistive seat materials, resistive clothing and obese clients.
- Also an excellent move to angle client in preparation for another transfer.

## CAREGIVER

- Packaging the client (applying gentle force between hands at scapula and buttocks) will create an efficient and effective body rock.
- Remember, position yourself as close to the client as possible by straddling their legs. Do not worry that this will be too close because when you lower your centre of gravity, it will cause your buttocks to move back and away from the client. Your upper body will remain close enough to effectively place your arms around the client.

## CONSIDER

### Contraindications

## CLIENT

- Hyperextension of upper body.
- Aggression.
- Armrests must be removed if chair is narrow.

## CAREGIVER

