

## Duke MOVES Tip

# Why BMAT?



*Each level tells you what a patient is able to do.  
Patients must be able to sit then stand before they walk!*

**Assessment Level 1:**  
**Sit and Shake** verifies patient has adequate sitting balance and trunk strength.

**Assessment Level 2:**  
**Stretch and point** verifies patient has adequate leg stability and strength.

**Assessment Level 3:**  
**Stand** verifies patient has adequate leg strength for standing.

**Assessment Level 4:**  
**Walk** verifies patient has adequate leg strength and balance for walking.

Once the Mobility Level is determined, select the best equipment to safely move the patient.

*For example, if patients are unable to pass the Stand Assessment, they not strong or steady enough to stand on their own. Use SaraPlus or SaraStedy/QuickMove/UltraMove lift for out of bed transfers.*

### TIPS:

- BMAT may be initiated if patient is on a stretcher. Start with “Sit and Shake”.
- If patient is already sitting in recliner or wheelchair, start with “Shake”.