

APPLICATION OF EARLY MOBILIZATION TO ADDRESS PHYSICAL
MOBILITY IMPAIRMENT IN PATIENTS WITH LUMBAR CANAL
STENOSIS POST DECOMPRESSION AND STABILIZATION L4-L5 AT DR.
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ABSTRACT

Introduction: Lumbar canal stenosis post decompression and stabilization procedures lead to physical mobility impairment. **Objective:** To analyze the early mobilization in addressing physical mobility impairment in patients with lumbar canal stenosis post decompression and stabilization. **Method:** A qualitative descriptive study in the form of a case study conducted on one patient post decompression and stabilization L4-L5 from August 26-31, 2024, in the Bromo Ward of RSSA. **Results:** the implementation is lateral mobilization on day 1, sitting at 45° on day 2, sitting at 90° on days 3 and 4, sitting with legs dangling on day 5, and walking on day 6. **Discussion:** the nursing problem of physical mobility impairment was resolved. Based on this study, early mobilization can be applied to address physical mobility impairment in patients with lumbar canal stenosis post decompression and stabilization L4-L5.

Keywords: canal stenosis, early mobilization, physical mobility impairment.