

# Mobility Levels with Physical Rehabilitation Delivered During and After Extracorporeal Membrane Oxygenation

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## Abstract

**Background:** This literature review aims to determine whether physical rehabilitation intervention for individuals who require extracorporeal membrane oxygenation (ECMO) after a lung failure, depending on the clinical outcomes, plan the rehabilitation sessions early in the ICU.

**Objective:** The literature review aims to assess the value of rehabilitation training in ECMO patients in the ICU focusing on physical therapy implemented in the individual. The rehab is quantified based on timing, frequency, and change in mobility level and the potential to enhance recovery outcomes and reduce cardiorespiratory complications.

**Methodology:** Data-based Search: PubMed, Scopus, CINAHL and Google Scholar. Inclusion Criteria: Studies commonly include ECMO patients of the age group of 25-40 in that 18 papers were chosen for the study. Exclusion Criteria: 5 papers were excluded from the study.

**Result:** The results show the improvement in the patient's cardiopulmonary and physical health based on the exercise implemented.

**Conclusion:** The result of the current literature review highlights that there is improvement in physical condition irrespective of age and complications by the application of physical therapy techniques with modified intensity and duration.

**Keywords:** ECMO; Lung Failure; Cardiopulmonary; Physiotherapy Management