### Risk Factors for Pressure Ulcers

**Physical causes of immobility**
- Altered neuromuscular integrity
- Diminished strength
- Altered muscle tone (spasticity, rigidity, dystonia, athetosis, flaccidity, etc)

**Altered musculoskeletal integrity**
- Decreased range of motion
- Traumatic injury
- Muscle disease
- Other

**Devices**
- Splints
- casts
- Orthoses
- Restraints

**Cognitive causes of immobility**
- Altered state of consciousness, stupor, coma
- Prolonged anesthesia
- Diminished motivation to self-reposition

**Diminished sensation**
- Spinal cord injury
- Spina bifida
- Head injuries
- Peripheral neuropathy

**Excessive moisture**
- Use of moisture resistant support surface
- Urinary incontinence
- Fecal incontinence

**Emaciation**
- Malnutrition
- Dehydration

**Management**
- Inappropriate turning/repositioning schedule
- Inappropriate support surface
- Neglect of immobility issues
- Failure to offload at-risk areas
- Failure to clean following episodes of incontinence
- Harsh cleaning procedures
- Failure to moisturize/protect dry skin