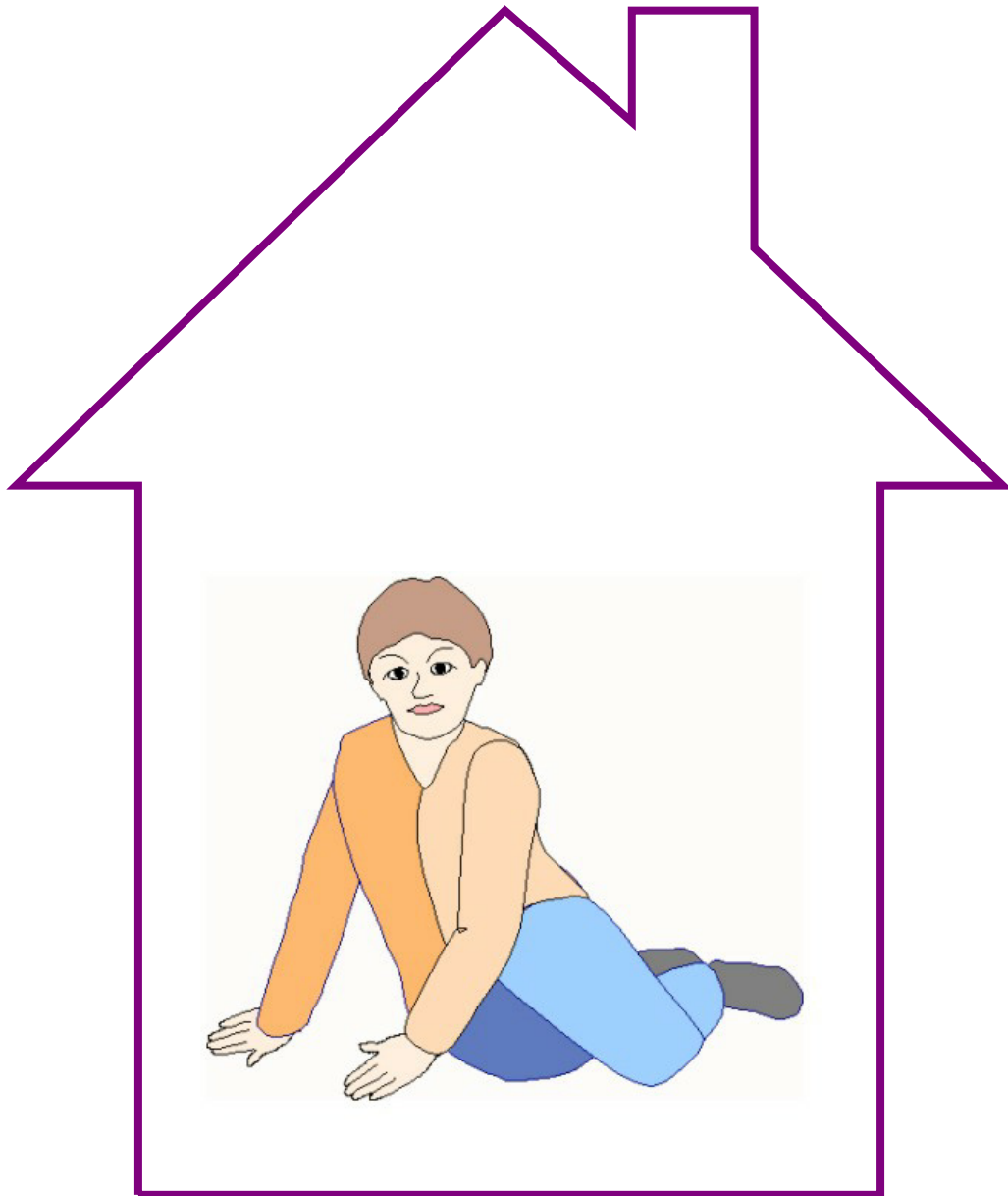


GETTING UP FROM THE FLOOR SAFELY



All content is provided for general information only, and should not be treated as a substitute for the medical advice of your own GP or any other health care professional.

Rising up from the floor

- Step 1** Roll onto your impaired side and push up with your strong arm to sit position
- Step 2** Move/bottom walk to a piece of heavy furniture (that won't move)
- Step 3** Use your strongest arm on the furniture to support the body into position
- Step 4** Bring your strongest leg through with foot flat to the floor
- Step 5** Turn to sit



What can you do to work towards this skill?

- If you know you can already rise from the floor without concern – keep practicing on a regular basis; it's not a skill you want to lose!
- If you are concerned about your ability to rise from the floor – think about improving your mobility as a starting point, and think about how you transfer, roll and get out of bed – these are similar movements.
- Ask your Specialist EfS Instructor for exercises to help work towards this skill as part of your home based programme.
- Is looking for an exercise class an option for you? Or contacting an appropriate instructor for some home based exercises?



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