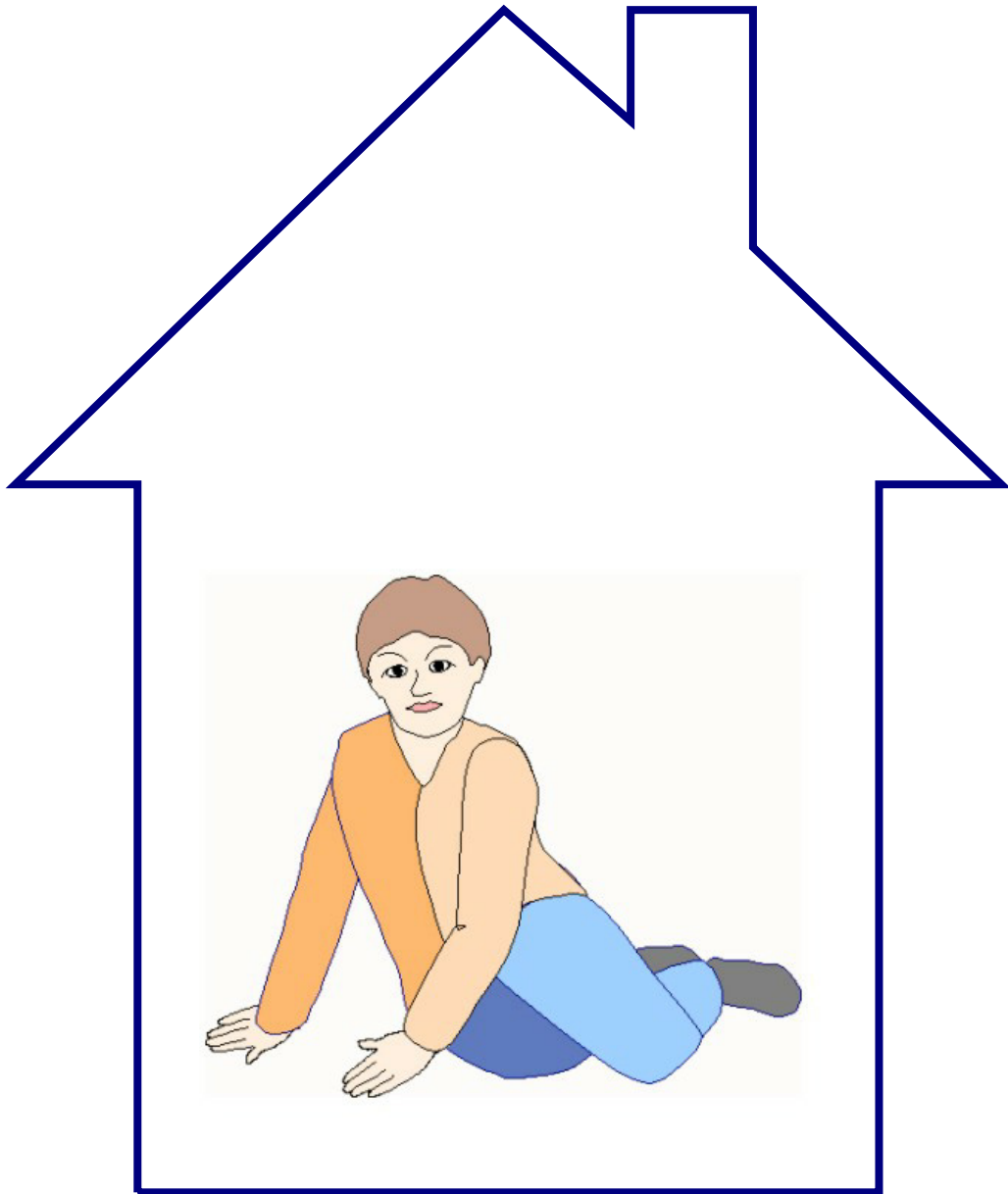


Getting down to and up from the floor safely

Home Exercise Programme



Safety

Ensure that the chair you use is sturdy and stable. Wear comfortable clothes and supportive footwear.

Don't attempt to try these exercises if you are not sure you can get up on your own. Perhaps have someone else in the house when you do them.

If you experience pain in your joints or muscles, stop, check **your position** and try again. If the pain persists, seek advice from your therapist, exercise instructor or GP.

However, feeling your muscles working or slight muscle soreness the next day after exercise is normal and shows that the exercises are working.

If you are using this booklet without attending a supervised exercise session, consult your GP to check it is suitable for you.

Please read disclaimer at the back of this booklet.

What is Backward Chaining?

What is backward chaining?

Backward chaining is a sequence of movements combined together to help teach someone to be able to get down to the floor safely.

Once learnt, in reverse, it can be used as a safe and effective way to get up from the floor.

Regular practice in this set of exercises will ensure you are able to get up from the floor if you fall.

Only complete backward chaining in consultation with a therapist or your exercise instructor.

Do not attempt any stage on your own if you do not think that you will be able to get up again.

Make sure you use a sturdy chair with arms, placed on a carpeted area with plenty of room to lie down.

Notes from the therapist/exercise instructor

The next pages show the whole sequence of the movements and then we give each stage for you to try at home.

Backward Chaining: The Whole Chain

Face your chair a few steps away



Lunge forward with your strongest leg and hold the sides of the chair seat or arms



Bend your back knee down to the floor



Bring your other knee down to the floor



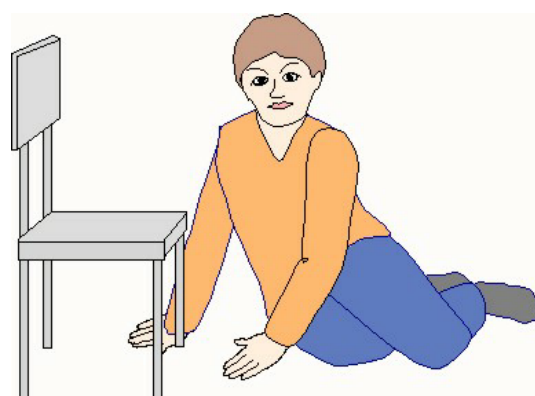
Bring one hand off the chair and onto the floor



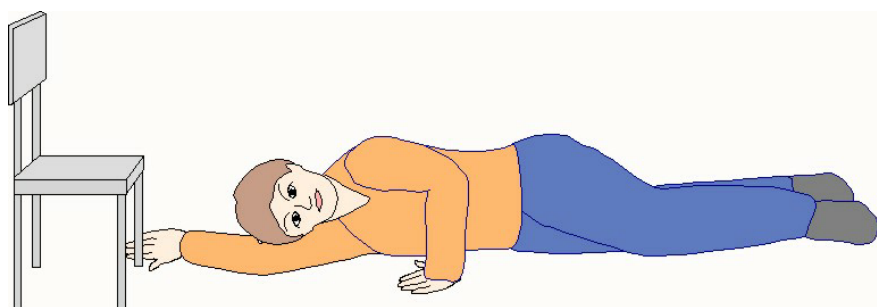
Bring your other arm down to the floor so that you are in four point kneeling



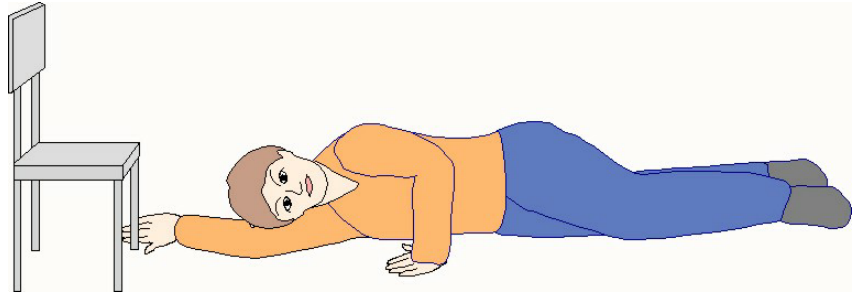
Lower your hips onto the floor gently



Lower yourself down till you are lying on the floor



Roll onto your side



Push up with your arm
and walk the hands to a
side sit position



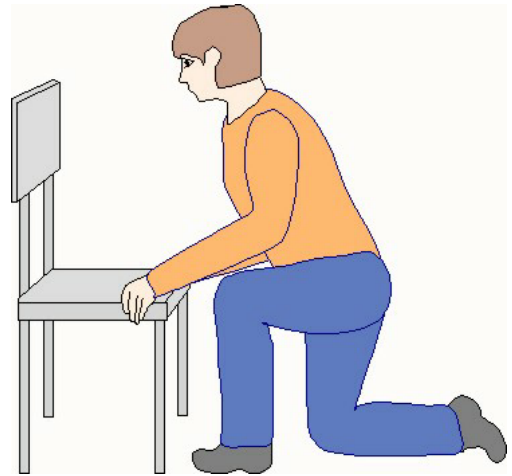
Widen the hands and
push hips up to a box
position and crawl to a
piece of heavy furniture
(that won't move)



One at a time place hands
onto the chair



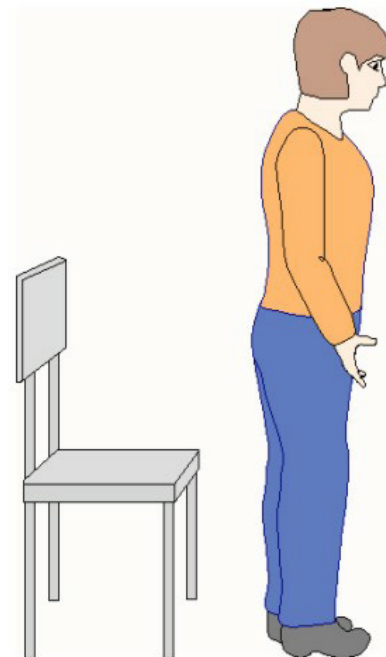
Bring your strongest leg through
with foot flat to the floor



Push up to bring the other leg
through



Turn to sit



STAGE ONE

- Turn to face your chair, a few steps away
- Step forward with your strongest leg
- Place your hands on the arms, or well on to the seat, of the chair
- Lean your weight evenly over the chair so that it does not tip

Tip:

You may need to adjust how far away you are from the chair to get a good step forward.



STAGE TWO

- Complete stage one
- Then slowly lower your back knee to the floor
- Make sure you also bend your front knee at the same time
- Return to the start

**Tip:**

To get up from here, lean your weight over your arms and push up on your stronger leg.

STAGE THREE

- Complete stage one and two
- Then bring your other knee down onto the floor
- Return to standing

**Tip:**

Bring your stronger leg up first - and then lean your weight over the chair and push up with your stronger leg.

STAGE FOUR

- Complete stage one, two and three
- Then slowly bring one hand onto the floor followed by the other so that you are in four point kneeling
- Return to the start

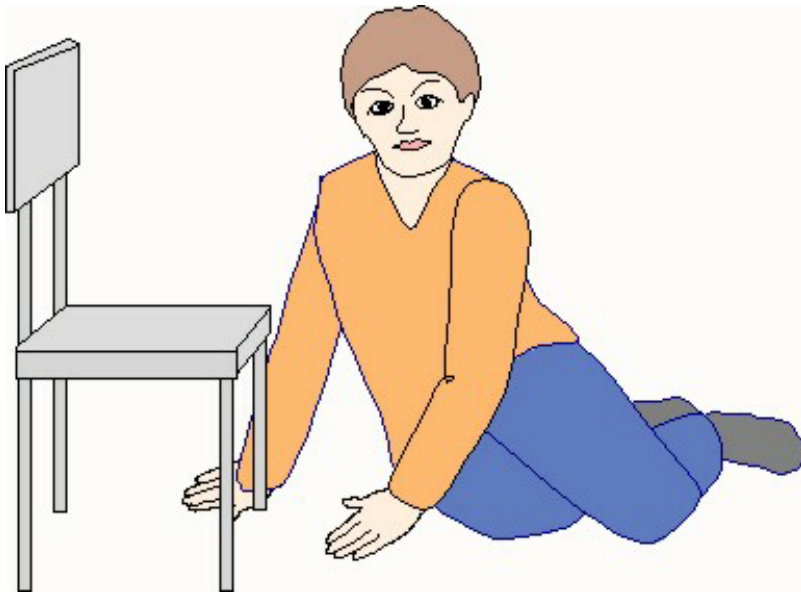
Tip:

Try crawling around for a while to get used to this movement.



STAGE FIVE

- Complete stage one, two, three and four
- Then lower your hips/bottom gently down onto the floor so that you are sat on the floor
- Return to start

**Tip:**

To get up from here, with your hands shoulder width apart, lean your weight forward onto your arms and lift your bottom up and over your knees.

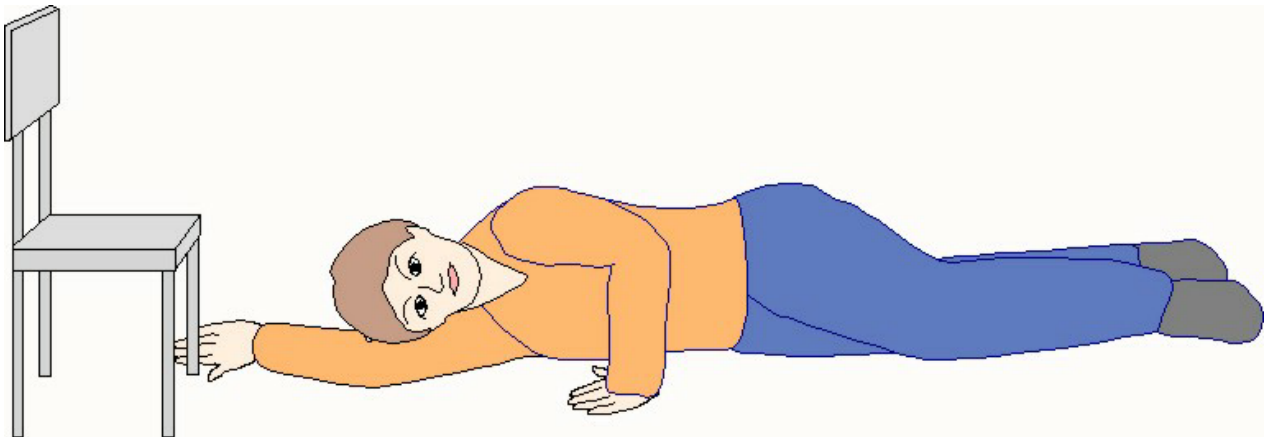
When you feel confident with this stage you can move onto the next stage.

STAGE SIX

- Complete stage one, two, three, four and five
- Then lower your body down until you are lying on the floor, on your side
- Return to the start

Tip:

Bring your knees up towards your chest, use your arms to raise your chest off the floor to get back to side sitting



Acknowledgements

We would like to acknowledge the following content resources:

The Postural Stability Instructor Manual, Later Life Training, 2017.

Skelton DA, Dinan S et al. Tailored group exercise reduces falls in community dwelling older frequent fallers; an RCT, Age and Ageing. 2005, Vol 34, p636-639.

Skelton DA, et al. Bone Mineral Density Improvements Following FaME in Frequently Falling Women Age 65 and Over: An RCT. Journal Aging and Physical Activity 2008; Vol 16: pS89-90.

With additional thanks to:

Text by: Dr Sheena Gawler

Illustrations by: Helen Skelton

Disclaimer

Disclaimer:

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Whilst these exercises have been used in research trials and many thousands of older people do similar exercises from other home exercise booklets, the authors do not know you, your medical conditions or physical fitness and cannot give advice tailored to you, your medical condition or physical function. The authors cannot guarantee the safety or effectiveness of this program of exercises for you. Any noticeable changes in health, pain, mobility or falls should prompt a visit to your GP. This booklet should not be treated as a substitute for medical advice of your GP.

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