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?