

Sit To Stand

This exercise will help strengthen your legs to help you sit and stand safely.



A

- Sit in a firm chair. Put both feet flat on the floor. (A)
- Using your hands to help, push up from the chair using the arms or the side of the chair. (B)
- Pause and sit back down, reaching your hands behind you for the chair.
- Do this exercise _____ times (repetitions).
- Do this exercise _____ times:
 - every day
 - every other day.



B

- Options:
 - If you can't get up from a normal height chair, put one to three firm pillows on top of the chair to raise the surface. As this exercise gets easier, remove pillows until you can get up from a normal height chair.
 - If you can safely get up and down from a chair using your hands, you can work toward not using your hands.