Allina Health 並 COURAGE KENNY REHABILITATION INSTITUTE

Getting Up From the Floor





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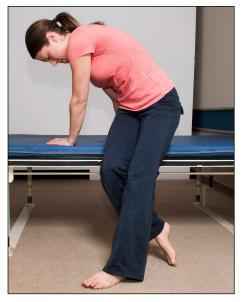
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- Make your way to a heavy object that won't tip over (such as stairs or a couch). Roll onto your stronger side. (A)
- Push up with your strongest arm so you are resting on your elbow or sitting on your side. (B)



- D
- Roll onto your hands and knees.
 Put your stronger side next to the heavy object. (C)
- Kneel. (D)





Ε





- Put your weight on your stronger arm and weaker leg. Lift your stronger leg until your foot is on the floor. (E and F)
- Push your stronger arm and leg and lift your buttocks onto the heavy object. (G)
- □ You may need help. If so:
 - Do not pull on the person who is helping you.
 - Do not allow your helper to try and lift you by your weaker arm.

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