Fall Prevention

Getting Up from the Floor

If you find yourself on the floor, either intentionally or unintentionally, it is re-assuring to know that you will be able to get yourself back onto your feet. The following step-by-step method from the National Institute on Aging[1] is a great tool to practice.

(If you have fallen and suspect you might have an injury, do not attempt to get up without assistance.)

Getting Up from the Floor

1. Roll onto your left side.
2. Place your right hand on the floor at about the level of your ribs and use it to push your shoulders off the floor. Use your left hand to help lift you up, as needed.
3. You should now be sitting with your weight on your left hip.
4. Roll forward, onto your knees, leaning on your hands for support. (If you are not near a chair or other stable object, crawl on your hands and knees to a sturdy structure.)
5. Reach up and lean your hands on the seat of a sturdy chair.
6. Lift one of your knees so that one leg is bent, foot flat on the floor.
7. Leaning your hands on the seat of the chair for support, rise from this position.

TALK TO YOUR DOCTOR: *If you've had hip or back surgery, talk with your doctor before using this method.*

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[1]https://go4life.nia.nih.gov/exercise/getting-up-from-the-floor/

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