FALL RECOVERY GUIDE

# How to Get Up Off the Floor

A step-by-step way to get back up after a fall, using a sturdy chair. Go slowly, and rest whenever you need to.

### Stop. Do not try to get up if you:

- Have severe pain or think you may have broken a bone
- Hit your head
- Feel dizzy, faint, or short of breath, or have chest pain
- Cannot move part of your body normally

**Stay still, keep warm if you can, and call for help:** call 911, press your medical alert button, or call out to someone nearby.

### If you feel steady and have no new pain

- Stay on the floor for a moment and take a few slow breaths
- Follow the steps in this handout. Move slowly and rest between steps. There is no rush
- If any step feels unsafe, stop and rest

Practise these steps with your physiotherapist first, ideally with someone nearby.

## 1 Roll onto your side and rest

Rest for a moment. When you feel ready, bend your knees and slowly roll onto your side.



**A.** Rest on the floor after your fall, and take a few slow breaths.



**B.** Rest your head on your bottom arm, with your top hand flat on the floor in front of your chest.



## 2 Push up onto hands and knees

Push through your arms to lift your upper body, and bring your knees under your hips. Place your hands flat on the floor under your shoulders, with your arms straight. Keep your back flat and look down at the floor. Rest here if you need to.



## 3 Crawl to a sturdy chair

Crawl slowly toward the nearest sturdy chair, keeping your head up and your eyes on the chair as you go.

**Tip:** Use a full-size kitchen chair with a backrest and four legs, one that will not tip or slide.



## 4 Put your hands on the chair seat

Come up onto your knees directly in front of the chair, facing the seat. Place both hands flat and firmly on the seat, with your arms straight and your body upright from your knees to your head.

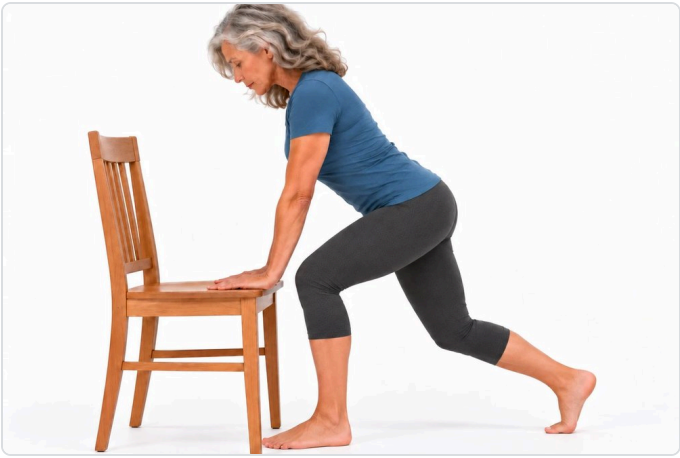


## 5 Bring your stronger leg forward

Bring your stronger leg forward and place that foot flat on the floor, with your knee bent at about a right angle, like a kneeling “proposal” position. Your other knee stays resting on the floor. Keep both hands flat on the seat.

## 6 Push up and turn to sit

Push up from the chair seat, then turn and sit. Rest between the two parts if you need to.



**A. Push up.** Push down through both hands on the seat and your front foot. Lift your back knee and raise your hips, keeping both knees bent and leaning forward over the chair.



**B. Turn and sit.** Once you are up, pause until you feel steady. Turn so your back is toward the chair, keep one hand on the seat behind you, and slowly lower yourself to sit.



## 7 Rest in the chair

Sit fully back in the chair with your back against the backrest and both feet flat on the floor, about hip-width apart. Rest your hands in your lap and take a few slow breaths. Stay seated until you feel steady.

### If you can't get up

- Stay calm. Rest and breathe slowly. Do not force yourself
- Call for help: use your alert button, call out, or phone someone. Call 911 if you are hurt
- Keep warm if you can reach a blanket
- Keep your phone or alert device on you, even at home

### After you are up

Even if you feel fine, tell a family member or caregiver about your fall, and let your doctor or physiotherapist know. A fall can be a sign that something needs attention.

**Questions about getting up safely?**
I can go over these steps with you at home.

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This handout is general guidance. Your physiotherapist may adjust these steps for your body and your home.