



HOW TO: GET UP FROM A CHAIR

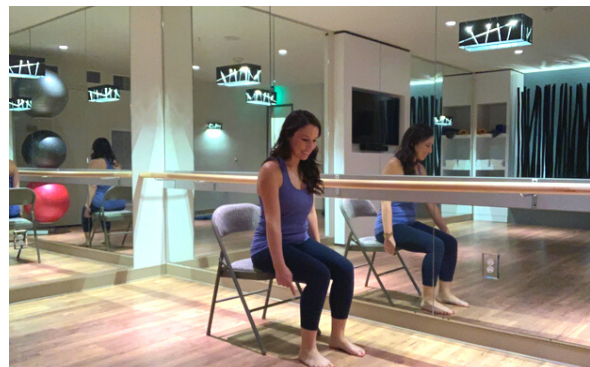
Sit to Stand Training

Program built by Dr. Jennifer Prewitt, PT, DPT, OCS

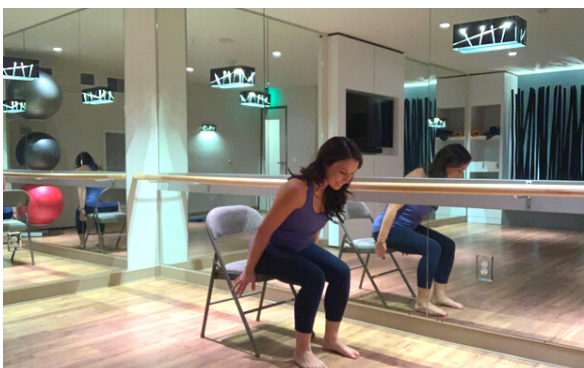
1. Scoot to the Edge of Your Seat.



2. Make sure your feet are underneath your knees.



3. Make sure your nose is over your toes before you try to stand up. Use your hands if you need to.



4. Success!



Why is Getting Up from the Couch so Difficult?

- Step 3. Making sure your nose is over your toes is typically to blame.
- If you feel like your balance is poor, getting your nose so far forward is scary. We fear we'll fall.
- The Science. If we hope to stand on our feet, we need to get the majority of our body weight close to our feet to successfully stand.
- Use your hands, an assistive device, or a table if you need. There is no other way. You need to get that Center of Mass inside your feet.