

## Techniques for standing up from and sitting down on a chair

### Standing up from your chair

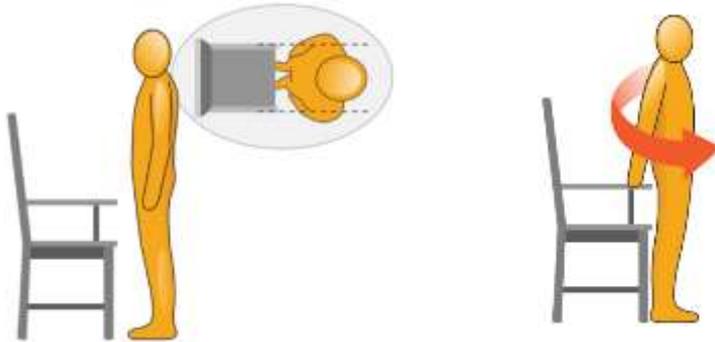
- > It is easier to stand if you are sitting very forward in the chair. You can get to this position by shuffling your bottom to the front of the seat.
- > Try to have both feet flat on the floor, with your feet placed slightly behind your knees.
- > Place your hands on the arm rest and push up, hold the arms of the chair firmly or put your hands on the seat of the chair.



- > Look straight ahead.
- > Push up with your **feet, legs and arms** until you are upright.
- > Try to put your weight evenly through both legs.
- > Make sure you have gained your balance before you move off.
- > Never pull up on your walking frame, as they may tip over as you try to get up.

## **Sitting down on your chair:**

- > Once you are by the chair, turn so that the chair is behind you. Make sure that your bottom is in line with the seat, so that you can feel it against the backs of your legs.



- > Reach back so that you can feel the arms or the front of the chair.



- > Hold the arms (if applicable).
- > Bend in the middle and aim your bottom as far back as possible.



- > Once in the seat, push your bottom as far back into the seat as you can.