

❖ Transferring On and Off a High Surface

Transfer: Analysis of Normal Movement

There are many ways to transfer onto a high surface. The normal components of movement for one method are as follows.

- Starting position is in front of the bed, weight equally distributed over both legs.
- Weight is shifted from one leg to the other.
- The “unweighted leg” and pelvis come onto the bed.
- The weight is then transferred from the standing leg to the leg that is on the bed.
- Only when the weight is fully shifted can the standing leg also come onto the bed. The upper extremity helps in this weight shift.
- The trunk rotates, and the weight shift from side to side makes it possible to get fully up onto the bed.

⌘12 Pause and Practice

Self Experience

There are many ways to transfer onto a high surface. Some people bear weight on both arms and “hop” up onto the bed. But, if you don’t use both arms, it will be easier to see the importance of weight shift and trunk rotation. Environmental considerations play an important role. If the surface is too high, it will be impossible to get up onto the surface. If the bed is too low, it will not be necessary to use this approach. Note your own movement patterns relative to the surface height.

Observe and Analyze Others

Note variations in movements and sequences of movements.

Notes
