

❖ High-Surface Transfer: Moderate Assistance

Hospital beds can make a low-bottom transfer impossible. If the bed is no more than four inches higher than the seat of the wheelchair, I can usually transfer my patient with one of the previously described methods. But if the bed is more than four inches higher, I'll use the following approach:

Starting Position

Have the patient start in a standing position, in front of the bed.

Handling

1. Stand perpendicular to your patient, on their weak side. As you face your patient clamp their weak knee between your legs (using your adductors) to keep their knee from buckling. Clasp your hands around their strong hip, like a bear hug.
2. Shift their weight from their strong leg onto their weak leg. It is important to put weight onto the involved side first. This helps to control abnormal tone of the involved leg and allows the strong leg to move freely.
3. As they “unweight” their strong leg, help them bring that leg up and onto the bed.
4. Move directly in front of the patient, maintaining contact of the weak leg.
5. Place one hand behind the strong shoulder, encouraging the patient to shift and put weight onto the strong hand.
6. Place your other hand onto the pelvis on the involved side. Shift their weight fully onto their strong side and bring the weak leg up and onto the bed. Do not lift under their leg; this makes them flop backward onto the bed.
7. Next, shift weight over the involved side, allowing the patient to bring the non-involved hip further back onto the bed. Continue the weight shifts, side to side, until both hips are up onto the bed.



Transferring Off of a High Surface

- When coming down from a high surface or a hospital bed, first bring the patient onto the weak leg. Be very careful to have the foot well positioned and not in inversion or plantar flexion. Make sure that they are squarely onto their foot—don't allow them to come onto their ankle.
- Also, position your leg in front of theirs to protect the knee and keep it from buckling. Once the involved foot is in a good position, shift their weight onto that foot and allow the strong side to come into weight bearing.

Common Mistakes

Do not lift under their involved leg to bring it up onto the bed. This makes them flop backward onto the bed.

