

❖ Scooting Forward and Backward in the Chair

The second method of scooting back in the chair is especially useful when your patient's feet don't reach the floor or when your patient is unable to bend forward at the hip.

Handling

Kneel in front of the patient.

1. Place your hand behind the patient's weak side, supporting their upper trunk.
2. Assist the patient to shift weight laterally toward the weak side, enough to unweight the strong side.
3. Cue the patient to bring their strong hip back into the chair.
4. Switch hands and repeat this procedure, shifting weight onto the strong hip and bringing the weak hip back into the wheelchair.
5. This can be repeated as many times as necessary to reposition in the wheelchair.

You can also reverse this procedure to help patients scoot forward in their chair. This helps them to come far enough forward to get their feet to reach the floor before standing or transferring. This method can also be used to help patients scoot to the end of the bed. Both of these methods will help to teach your patient more normal patterns of movement. It can also help to prevent shoulder pain for the patient and save your back, as well.



⌘17 Pause and Practice with a Partner

Notes
