

❖ Stand to Sit with Moderate Assistance

The following guidelines may need to be modified if your patient has already developed tightness or contractures or if medical conditions interfere.

Patients are often taught to “reach back for the chair”. As they turn to reach back for the wheelchair, they may lose their balance and are at risk for falling. Patients also tend to “plop” down into the chair instead of making a “soft landing”. This will improve as the patient learns to lean farther forward.

Fear, loss of sensation, weakness and/or extensor tone at the hip are all factors which can make this “soft landing” difficult for patients.

Starting Position

Have the patient stand in front of the chair, wheelchair, or bed.

Handling

1. Stand next to the patient on their weak side.
2. Firmly place your hands on the patient's hips.
3. Make contact with the front of your shoulder against the back of theirs. (It's okay if you are shorter than your patient and your shoulder is below theirs. It is the contact that's important.)
4. Stagger your feet so that your foot which is next to the patient's chair, is the one behind.
5. Using your shoulder contact, facilitate normal movement by guiding the patient's upper trunk forward. Simultaneously bring their hips back with your hands. You do not need to worry about the knees.
6. As their hips come back and their shoulders and trunk come forward, the patient will gently sit down.
7. Use your legs to help lower the patient. Do not use your back.



Incorrect Method

- If patient “plops” down or falls back into their chair, the patient is not flexing far enough forward. Watch your patient's toes. If the toes come up, this is an indication that the patient's weight is too far back. Bring the shoulders further forward, helping the patient to flex. Remember, the taller the person, the more forward flexion is needed.
- Another reason that the patient “plops” back into the chair is because the therapist actually pulls them back into the seat, afraid that they might miss the chair. Be careful that you are not “pulling” them.

⌘25 Pause and Practice with a Partner

- If you feel like you are falling forward, your partner is giving you too much input at the shoulders.
- If your toes are coming up and you feel like you are falling back, your partner needs to give you more forward information.
- You should have a “soft landing” that feels very normal.

Notes
