

❖ Practice Lab

Mobility: Sit to Stand Normal Movement

Self Experience

1. Sit comfortably in a chair.
2. Observe the movement of your lower extremities, trunk, head and upper extremities as you prepare to go from sit to stand. What do you do first, second, third and fourth in order to stand up?
3. Note the placement of your feet. Where are they positioned?
4. As you stand up, how far forward do you flex your trunk? Or, another way of putting it: at what point do you stop coming forward?
5. How is your weight distributed over your feet and lower extremities?
6. Do you use your upper extremities?
7. Did you scoot to the edge of your chair?
8. Place your feet an inch forward of your preferred foot position and try standing up again. What do you notice?



Observe Others

1. Observe another person go from sit to stand.
2. Follow the same observations listed above.
3. Do you note any differences from your own experience?
4. If so, which of the following factors may have contributed to those differences?
 - height and build
 - joint flexibility
 - strength
 - previous injuries or orthopedic limitations
 - environmental factors (e.g., height of surface)

Analysis of Normal Movement

1. Our feet are placed parallel on the floor, usually about shoulder width apart.
2. Our feet are positioned behind our knees. The taller the person, the further the feet are behind the knees and the shorter the person, the closer to 90° of knee flexion.
3. The majority of people do not scoot to the edge of the chair. People scoot forward if their feet don't touch the ground or if their femurs are fully supported. (Normally the distal third of our femur are unsupported when coming from sit to stand.)
4. We then lean forward, far enough to shift our base of support from our hips to our feet (until the hips clear the chair) and no further.
5. As we lean forward and begin to stand, our femurs come slightly forward.
6. Our knees, hips and trunk extend until we are in full standing.