

❖ Practice Lab

Mobility: Sit to Stand with Maximum Assistance

The following guidelines may need to be modified if your patient has secondary complications or medical conditions interfere.

Starting Position

The patient is sitting in a wheelchair, a regular chair or on the bed. Never put yourself in an unsafe position. If at any time you feel unsafe or unsure of your handling skills, be sure and get assistance.

Handling

1. Stand on the involved side, next to and facing your patient.
2. Position your patient's feet flat on the floor, parallel and approximately shoulder width apart.
3. Scoot your patient forward in the chair, if necessary, in order for the feet to reach the floor or for the distal third of the femur to be unsupported.
4. Position your leg so it will be directly in front of your patient's knee.
5. Place your open hand on your patient's sternum and gently bring your patient into trunk flexion. Be careful not to slide your hand up your patient's neck.
6. Place your other hand around your patient and under the less involved hip. This hand will cue your patient to come forward and, at the same time, allow you to feel when your patient's hips leave the chair.
7. Using three points of control (knee, sternum and hip), rock your patient forward, shifting the weight from the hips to the feet. Shift your patient's weight forward - do not lift your patient into standing.
8. As your patient's hips clear the surface, don't give any more forward information.



9. Gently but firmly press the sternum, knee and hips together.
Your patient will come into extension.



10. Once your patient is standing, slide your hands around your patient's pelvis (not the waist) and continue to position your leg directly in front of your patient's knee.



Tips

As you bring your patient into forward flexion, observe the less involved leg. Patients often bring the strong foot further back, behind the knee. If this happens, stop and reposition the involved foot, parallel with the less involved foot.

Fearful patients often stand better in front of heavy, solid surfaces such as the bathroom sink or hospital bed.