

## ❖ Practice Lab

### Mobility: Sit to Stand with Two Person Assist

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, 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

Patients usually require the maximum assistance of two persons due to size, poor control of trunk and lower extremities or lethargy.

1. The second person assisting stands on the less involved side, next to and facing the patient (mirroring the first therapist).
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. Each therapist positions their leg so it will be directly in front of each of your patient's knees.
5. The first therapist places an open hand on the patient's sternum. The second therapist places her hand over the first therapist's hand. The two therapists gently and simultaneously bring the patient into trunk flexion. Be careful not to slide your hand up your patient's neck.



6. Each therapist places a hand under the hip that is closest to them. 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) and synchronizing your weightshifts, 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.

