

“Back off the Floor”

Sit 2 stand lie down roll around and get back up again!

Leaflet

- Sit in the 1st third of chair in good posture, feet hip width apart, walking feet back towards the chair
- Leaning fwd from the waist either hands on the fleshy part of your legs or on the side of chair if needed, (check the floor around the chair to make sure that floor is clear of any objects that could cause a fall) counting 1, 2, 3 drum up enough energy to lift yourself out of the chair in 1st try if possible, standing tall in good posture!
- Once standing start to walk on the spot to keep the circulation going walking your feet back together

Once sure that you're feeling well no dizziness

Safely down to the floor we go:

- Turn around to face the chair, placing hands on the arms of the chair or the seat, ensure that the chair feels stable and can take your weight! The come onto your forearms

- Step back with your good leg, and soften the knee, and gently lower yourself down, uncurl your toes, once stable bring the other leg down also, so your kneeling on the floor in front of the chair
- Gently begin to crawl backwards so you can lower hands onto the floor now you're on all 4`s (in this position you can manoeuvre yourself around the floor with very little pressure on your back, as this position is great to get about in if you suffer from lower back complaints, in this position you can go and pick objects up that you may have dropped)
- From this all 4`s position lower your STRONGEST hip to the floor , keeping tall keeping your hands on the floor close to you for support

Shall we practice safe lying down and rolling?

As if we were going to lie down in our bed

- Turn your head and chest towards the floor and start to walk the hands away from the body
- At the last stage, slide the underneath arm out from under the shoulder so that the head can be supported in the hand as the body is fully lowered to the floor

I know this can be nerve racking and it may of been a long time since you tried getting on the floor, remain calm as this is a new skill that we are learning today, don't rush through the movements and perform each movement with control

- Once lying on your side draw your knees up towards your chest to ensure lower back comfort
- And rest here for a while

Ok let`s roll onto our front:

- Place the top hand flat on the floor in front of the chest for support
- Start to straighten the legs at the same time carefully remove your underneath arm comfortably placed by your side while gently rolling forwards
- Once flat facing downwards place your hands under your forehead to support your head and again rest here for a while if needed

We must be able to roll on the floor!

i.e. in case you have relieve yourself – you have to be able to roll away from any wetness to avoid hyperthermia and sore`s. Long lies can be devastating and the longer the lie a person has the less chance they have of fully recovering

Ok let`s get back up:

- Take your best hand from under the forehead and place the palm flat to the floor level or near to the shoulder (best comfortable) gather some energy
- Use this arm to roll the body over onto the side at the same time raising your knees back towards your chest and again sliding the arm back under the shoulder so that again the head is supported by the hand, bring the knees back towards the chest for comfort of the lower back and rest for a while if needed, that can be a tiring procedure
- Top hand flat to the floor again use this hand to lift your body weight off the floor enough to be able to slide your underneath arm out from underneath your shoulder
- Ensure both palms flat to the floor in line with the shoulders or chest and push away from the floor and walk both hands back towards the hips coming back up into a side sit and enjoy the rest for a while
- Another surge of energy to bring yourself back onto all fours
- Crawl back to the seat of your chair and take a firm grip of the chair seat with both hands
- Place your foot of your **STRONGEST** leg as flat to the floor as possible your toes will be curled and heel raised off the floor

- In a surge of energy pushing through the arms power from your strongest leg push up onto both feet
- Keeping your knees soft slowly straighten yourself up
- Stand tall while you turn yourself around walking back towards the chair, once you can feel the chair at the back of your legs feel for the chair with your hands softening the knees and lower your bottom back into the chair

Have a rest well done you deserve it!