

# Rising From the Floor

The grass outside is sweet smelling and you just can't resist lying down on it and rolling! You live alone and the only way you will be able to get the sock that is under the dresser is to get down on your hands and knees and reach. Your grandchild is visiting and you get down on the floor to play.

At some point in all of our lives we will find ourselves on the ground and we will need to know safe and efficient methods to return to standing. The following are basic steps that will help you.

## Step #1

Make an appraisal of your situation. If you have fallen, determine if you have an injury from the fall. (If you are injured you need to get assistance and or medical attention.) If you are okay, look around and see if there is a chair or some other type of stable support nearby.

## Step #2

You have a choice at this point. You can either roll to your side or roll to your stomach.

- If you are on your side, use your arms and push your upper body up and roll your hips until you are on your hands and knees.
- If you roll to your stomach, push up and back with your arms until you are on your hands and knees.

## Step #3

Once again you have a choice.

If there is a chair or some other type of stable support in front of you:

- Put both hands on the support and bring one leg forward, placing the foot on the ground, and stand up.

If there is support net to you:

- Put the hand nearest the support on it; bring the leg nearest the support forward placing the foot on the ground, and stand.

If there is no support near you:

- Bring one leg forward and place your foot between your hands. (Your chest will be resting on your thigh.)
- Place your hand that is on the same side as the leg you brought forward on your knee and stand up.

