

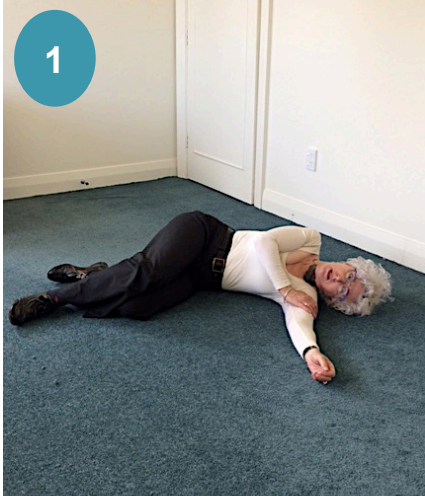


Therapy Professionals

Physio, Speech Language, Music,
Occupational Therapists & Dietitians

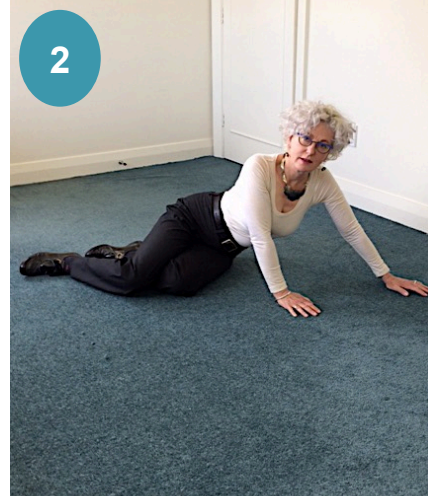
Getting yourself up from the floor

The majority of calls to London ambulances from over 65 year olds are for help after a fall. Of these, 40% do not need hospitalisation – they simply cannot get up from the floor.



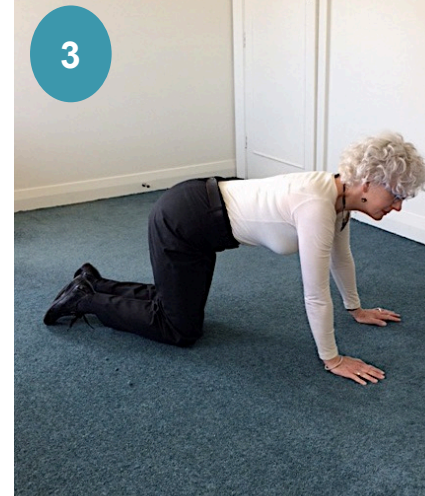
1

Pull yourself onto your side



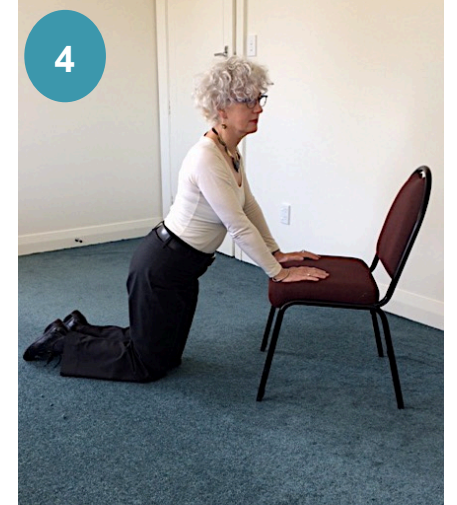
2

Push up onto your hands



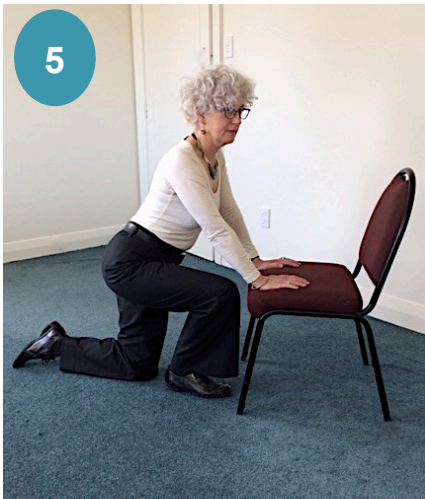
3

Push up onto your hands & knees



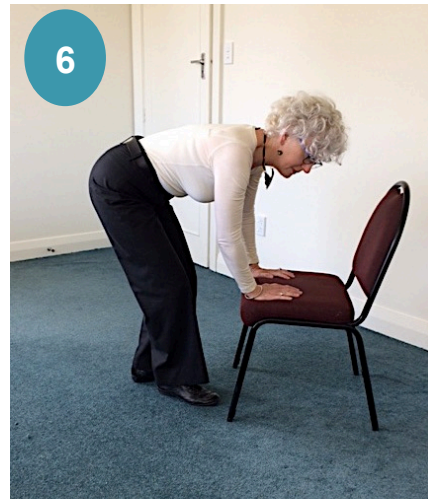
4

Place your hands on a solid surface or chair (without wheels)



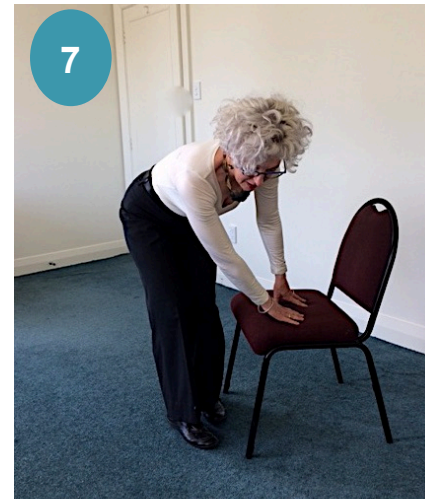
5

Bring your strongest leg up first



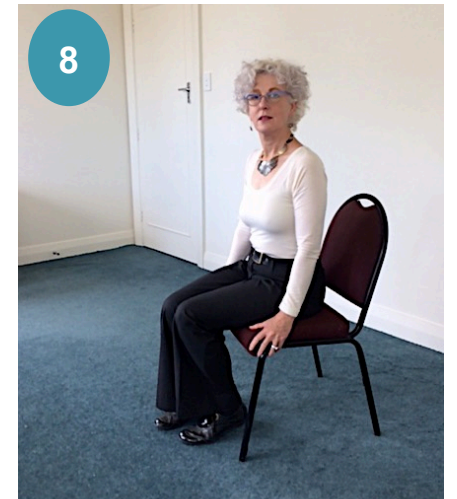
6

Bring your other leg up & stand



7

Swing yourself onto the chair



8

Sit for a while before moving