



Sit to Stand - One Caregiver



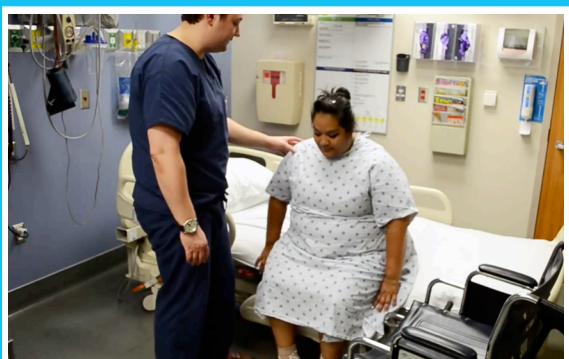
Begin with patient safely sitting at the side of the bed with feet securely resting on the floor.



Wheelchair or receiving surface should be placed at the foot of the bed, as close to the bed as possible.



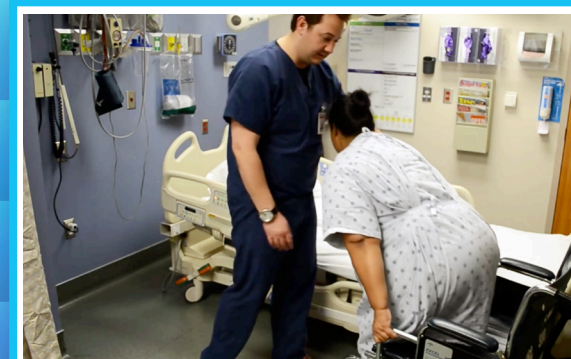
Instruct patient to place both hands on the mattress surface and scoot forward, nose over toes.



Caregiver should stand at the side of the patient, not directly in front. Assist patient to stand; use sacral prompt or guide with a gate belt.



Once standing, the patient must stand unsupported for at least five seconds. Patient may use walker or cane if part of normal activity and daily living.



Instruct the patient to turn toward the wheelchair and sit. The femoral prompt may be used as needed to assist with positioning.

