


Dr. Lovejoy-Evans's Nursing Home Prevention Strategy

SITTING DOWN from STANDING

Purpose: Sitting down correctly helps to strengthen your legs, improve your balance, and prevents overuse of your arms.

- Back up until you feel the surface behind both legs.
 - Hold your pelvic floor muscles tight (as if holding back urine).
 - Keep your feet shoulder-width apart and toes pointed forward.
 - Pull your knees apart using side buttocks and side thigh muscles.
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- Keep your weight on your legs and keep nose over toes as you lower. Touch the chair with hands to guide buttocks, but avoid putting any weight on your hands.
 - Lower your body slowly, counting to 5 and **Fight the fall!** Strive for a “lunar landing” -- a nice, soft touchdown.