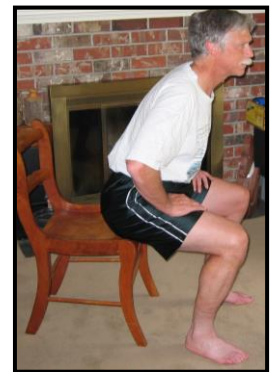
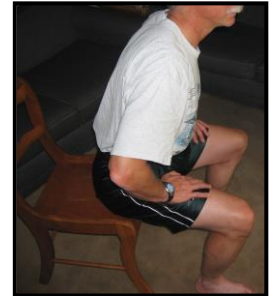


Dr. Lovejoy-Evans's Nursing Home Prevention Strategy

Standing up from sitting

Purpose: Standing up correctly strengthens your legs, improves your balance, and protects your arm muscles from being damaged by overuse.

- Use your hip and stomach muscles to scoot forward to front edge of the chair. Avoid use of hands.
- Pull your pelvic floor muscles tight, as if holding back urine.
- Keep your feet shoulder width apart and toes pointed forward.
- Pull knees apart by firing side thigh and side buttocks muscles.
- Bring your nose out over your toes. Rock several times if you need to build momentum. You can hold your hands out in front of you to help get your weight forward. If you use a cane, put one hand on the cane in front of you.
- Work so eventually you do not need to use the hands to push you up. This will protect your arms from breaking down.
- If you are unable to get up without using your hands-continue working on sitting down slowly until you can get up without your hands.



Progression: Start with 2 of these a day and each week add an additional 2 per day.