

Transfers: Sit to Stand

It is very important that you get up from a seated position properly so you protect your shoulders, neck, and back. Many of us have learned ways to compensate while going from sit to stand due to weakness or previous pain while performing this position.

The best way to do this is:

- Scoot your buttocks to the edge of the chair. Your feet should be directly under or slightly behind your knees.
- Keeping a lengthened spine (your chest will continue to face forward and not downward) hinge at your hips while inhaling
- Exhale, blowing out through pursed lips, as you press both feet into the floor rising up from the chair.
- To return to the chair: stand in front of the chair. Keeping a lengthened spine, hinge your hips bringing your buttocks back toward the chair (as if you are sticking your butt out) while slowly lowering into the chair.

NOTES: At first you may need to assist by pressing your hands onto the chair arms to help you rise to standing. As you get stronger use your hands less and less until you are ONLY using your legs to press up from the chair. Remember to exhale when you press your feet into the floor.

