

How to Get Up From a Fall Safely

# 6 Simple Steps



1



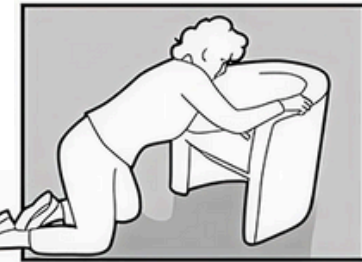
Roll onto your side.

2



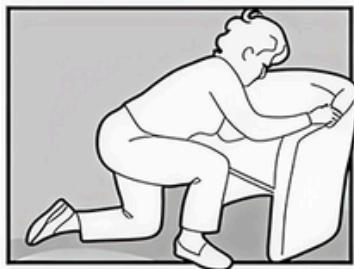
Crawl over to a chair or piece of sturdy furniture.

3



From a kneeling position, put your arms up onto the seat of the chair or surface of the furniture.

4



Bring one knee forward. Place that foot on the floor.

5



Push up with your arms and legs. Pivot your bottom around.

6



Sit down. Rest before trying to move.

To learn how to do this safely, call Physio2U to book an in-home physiotherapy appointment at 778-846-7695 or visit [www.Physio2U.ca](http://www.Physio2U.ca).