

# Seniors Guide To Standing Up

Standing up is one of the most important and frequent tasks for people over 65. If it starts to feel difficult, these simple steps can help you stand up with more confidence, safely.

## 1. Position Yourself Correctly

- Sit forward in chair
- Place your feet behind your knees
  - Your thighs, shins and feet should resemble a "Z"



## 2. Swing (3 times)

- Swing your body forward **3** times - not too fast but fast enough to gain momentum
- On the third swing, drive through your knees and push yourself up into standing



## 3. Straighten your knees, squeeze your bottom

- Don't spend too long with your knees and hips bent, the quicker you can straighten up, the less likely you are to fall backwards



**Contact ALHACARE for a personalised assessment and treatment.**

