

Fall Recovery 1

From your position on the floor, roll yourself onto your strong side and place your hands on the floor. (Figure 1)



Figure 1

Continue to roll and push yourself up with your upper body to a kneeling position. (Figures 2 & 3)



Figure 2



Figure 3

Fall Recovery 2

Using your arms, push yourself up to the side sitting position in front of a chair or bed. (Figure 1)



Figure 1

Place a hand on the seat of the chair or bed and pull yourself up into a kneeling position with the upper body resting on your forearm on the seat of the chair, bed or flat surface. (Figure 2)



Figure 2



Shift weight to one knee so that you may bring the opposite knee up to standing the foot on the floor. You are now half kneeling. (Figure 3)

Figure 3

Lean forward onto hands, pushing down through the foot on the floor. Press body weight up on the one leg until you are able to bring opposite leg into position. (Figure 4)

Turn and sit on the seat, bed or flat surface, or bring your leg under you and continue to stand up. (Figure 5)



Figure 4



Figure 5