

How do I get up from the floor? Advice for amputees

Patient Information

Physiotherapy Services



The Patient Information Leaflets page on the Trust website is available on the link:
<https://www.wwl.nhs.uk/patient-information-leaflets> or scan the QR code.

Author ID: RB
Leaflet Ref: Phy 051
Version: 9
Leaflet title: How do I get up from the Floor? Advice for Amputees
Last review: February 2025
Expiry Date: February 2027

Our ValuesPeople at
the HeartListen and
InvolveKind and
RespectfulOne
Team

Introduction

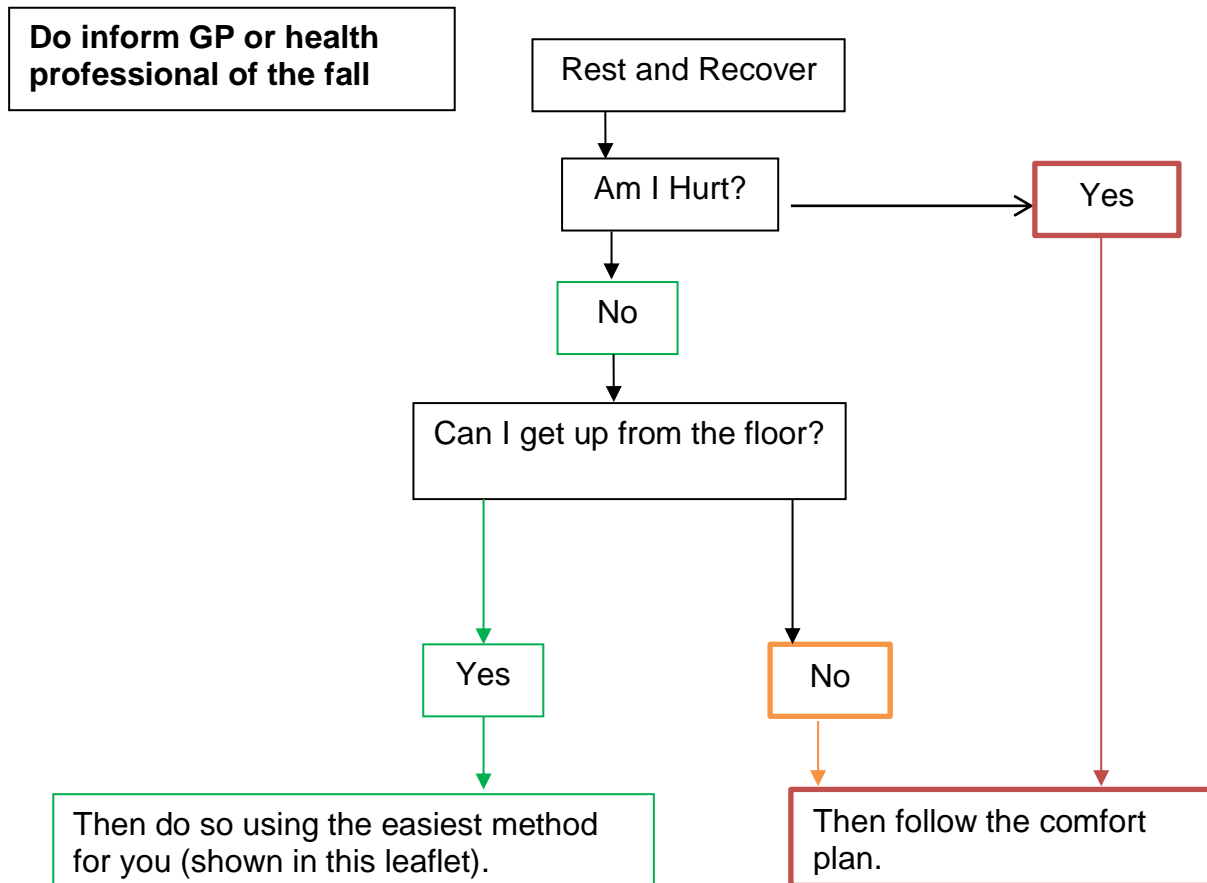
As an amputee you are at an increased risk of falling. Falls are caused by lots of different reasons. You may prevent falling by:

- Being aware that the feeling of your phantom limb or foot may cause you to fall.
- Looking at your house/flat and making sure there is good lighting, no loose rugs, no uneven or wet flooring, no trailing flexes and that there is not too much clutter.
- Making sure you eat a healthy balanced diet.
- Ensuring you drink enough water (you should drink 6 cups of liquid a day).
- Limiting your alcohol intake.
- Making sure you keep active as inactivity leads to weak muscles and poor balance.
- Making sure you don't hurry – especially to the toilet.
- Making sure your eyes are regularly tested and use glasses as prescribed.
- Making sure the tablets you are on are regularly checked.
- Placing the most frequently used items in an easy to reach place.
- If you have high blood pressure, get it checked regularly.

It is important that you know what you should do in the event of a fall. Follow the instructions below and remember if you can't get up its very important to:

- Keep warm.
- Keep comfortable.
- Keep moving.

What to do if I fall?










Comfort Plan

Keep telephone on low table, use pendant alarm, shout/bang on wall.	Attract Attention
Cover yourself with clothing, tablecloth, rug etc.	Keep Warm
Find a nearby pillow or place item of clothing under the head.	Get Comfortable
Keep rolling and moving position to prevent getting pressure sores, unless you think you may have an injury	If you are not hurt try to keep moving.

Advice on how to get up off the floor


Method 1




	<p>If you are wearing a below knee prostheses, then you are advised to get up from the floor in the following way:</p> <p>Stay calm. Get your breath back first.</p>
	<p>When you are ready, roll to one side.</p>
	<p>Using your arms push yourself up into side sitting.</p>
	<p>Using your arms push yourself up onto your knees</p>
	<p>Crawl to the nearest piece of sturdy furniture (something that is unlikely to move if you put your weight onto it).</p>

	<p>Put your hands onto the piece of furniture and bend your strongest leg up.</p>
	<p>Push through your arms and strong leg to standing position.</p>
	<p>Rest and alert your doctor if you have any serious injuries.</p>

Alternative – Method 2

If you find method 1 too difficult, have painful knees or you are not wearing a prosthesis you may find it easier to get up from the floor in the following way:

	<p>Sit on the floor and rest, shuffle on your bottom to a footstool, pile of cushions or a step.</p>
---	--

	<p>Put your hands up on to the step and lift your body up into the step.</p> <p>Be careful not to scrape your back.</p>
	<p>From the step put your hands back onto a sofa or chair.</p> <p>Make sure that the chair is stable.</p>
	<p>Push up onto the chair or sofa.</p> <p>Rest and inform your doctor if you have any injuries or pain.</p>

General Advice

- Contact our prosthetist so that your artificial limb can be checked if necessary.
- If you notice problems for example damage to the skin, pain (in a joint) – make an appointment to see your GP.
- If your fall has affected your walking please contact your limb fitting centre physiotherapist or consultant.

Walking Aids

- Keep a check on wear of rubber ferrules on sticks, crutches or frames. They should have grooves and not be smooth in appearance.
- Be careful where you leave your walking aid – it could be tripped over.
- Do not use another person's walking aid – it may not be suitable for you.

Wheelchair Use

- Make sure that if you need it, your wheelchair is easily accessible at night.
- Do make sure you put your wheelchair brakes on when getting in and out of your wheelchair.

Footwear

- Wear shoes/slippers that are comfortable, fit properly and have non-slip soles.
- Avoid using your prosthesis bare foot.
- Speak to your prosthetist or physiotherapist if changing your shoes to a different heel height.

Outside

- Take extra care when walking on sloping, uneven, wet or icy ground.
- It may be helpful to use a walking aid outside, even if you do not need one indoors. Talk to your physiotherapist.

Other

- Make sure your artificial limb is checked at the centre regularly (once per year).

Contact telephone numbers

Clinical Specialist Physiotherapist, Area 5, Leigh Infirmary 01942 264160

Acknowledgement

Physiotherapy Inter Regional Prosthetic Audit Group is acknowledged for the original production of this leaflet.

Comments, Compliments or Complaints

The Patient Relations/Patient Advice and Liaison Service (PALS) Department provides confidential on the spot advice, information and support to patients, relatives, friends and carers.

Contact Us

Tel: 01942 822376 (Monday to Friday 9am to 4pm)

The Patient Relations/PALS Manager
Wrightington, Wigan and Leigh Teaching Hospitals NHS Foundation Trust
Royal Albert Edward Infirmary
Wigan Lane
Wigan WN1 2NN

Ask 3 Questions

Become more involved in decisions about your healthcare. You may be asked to make choices about your treatment. To begin with, try to make sure you get the answers to three key questions:

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?



How We Use Your Information

For details on how we collect, use and store the information we hold about you, please take a look at our “how we use your information” leaflet which can be found on the Trust website: <https://www.wwl.nhs.uk>

This leaflet is also available in audio, large print, Braille and other languages upon request. For more information please ask in the department/ward.

© Wrightington, Wigan and Leigh Teaching Hospitals NHS Foundation Trust
All rights reserved. Not to be reproduced in whole or in part without the permission of the copyright owner.

Call 111 first when it's less urgent than 999.



EMPLOYER RECOGNITION SCHEME

SILVER AWARD

Proudly supporting those who serve.

Phone: 0808 802 1212

Text: 81212

www.veteransgateway.org.uk

