Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

Sit to Stand Transfer with or without walking aids

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Sit to Stand Transfer with or without Walking Aids

Patient Information

Community REACT team

- Author ID: RL
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Introduction

You may be using a walking aid for a short period of time due to a recent injury or illness or may require a walking aid longer term for a chronic condition such as arthritis. Either way this leaflet should help you remember the safest way to transfer from a seated position to standing using a walking aid(s).

Disclaimer

Not all exercises are suitable for everyone, and while every precaution was taken in selecting these exercises, they do not come without risks. If you have any concerns regarding injury, or whether you should partake in the exercises, then you should consult your GP or Physiother apist prior to commencing any exercises shown here.

It is quite normal to feel some discomfort following exercise, but it is important that this disc omfort eases within 2 hours of finishing the exercise and does not have an overall negative effect on your symptoms.

The exercise plans shown here are designed to be used as a guide and a point of reference; the y are not exhaustive and can be modified and progressed under the supervision of your physiot herapist.

Sit to stand

Transfer technique

Sitting in a chair, position your feet hip width apart, flat on the floor.

Ensure your feet are as far back as possible. Shuffle bottom to the edge of the chair.

Push with both hands from surface sitting on into a standing position.



Using a rollator Zimmer frame or other similar walking aid

Place the Zimmer frame in front of you, but not too close that it restricts you coming forward when transferring into standing.



Push up from the surface you are sitting on using both hands.





Once standing place hands on your walking aid.



Using one or two elbow crutches or walking stick

Place the stick or elbow crutches on the side you hold them. (Usually, the opposite side to the painful leg). Push up from the surface you are sat on with one hand (crutches in a H

shape) or use both hands and pick up the walking aid/s ready for walking.







If you have grab rails, for example in the bathroom, you can use these as advised rather than pushing up from the toilet. Hold on to the walking aid once standing.

Safety points

- You should **never** hold on to a Zimmer frame and use it to help you into a standing position.
- Remember to check your walking aids regular for signs of wear.
- Always ensure you are pushing up from a stable surface.
- Ensure the floor is not wet causing a slipping hazard.

Contact information

If you have any questions or queries, which we have not covered in this leaflet, the Community REACT team is available seven days a week 8am until 9pm and will be pleased to answer your questions as clearly and honestly as they can.

Telephone 0300 707 1221



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