Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

How do I get Up from the Floor? Advice for Amputees

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How do I get up from the Floor? Advice for Amputees

Patient Information
Physiotherapy Services

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Introduction

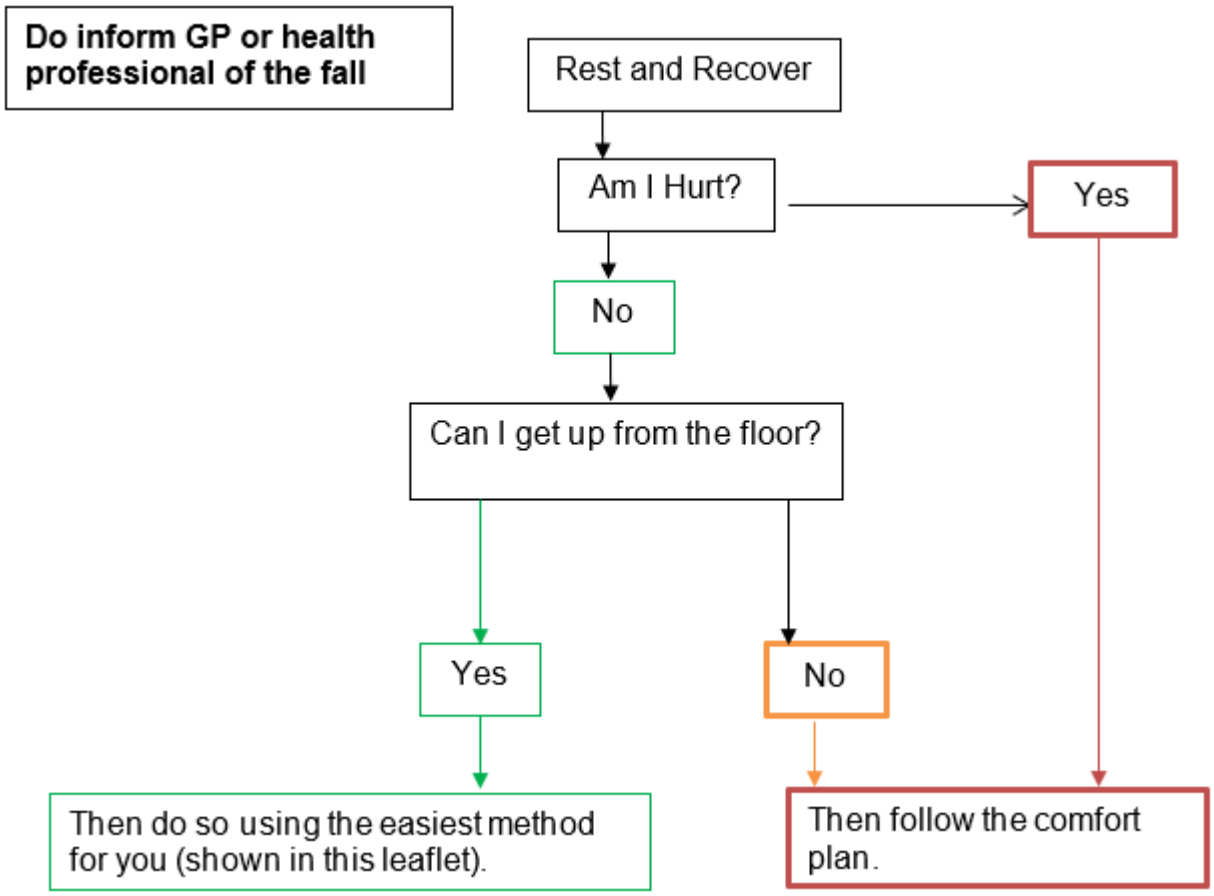
As an amputee you are at an increased risk of falling. Falls are caused by lots of different reasons. You may prevent falling by:

- 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



If you are wearing a belo
prostheses, then you are
from the floor in the follo

Stay calm. Get your brea

	When you are ready, roll
	Using your arms push yo sitting.
	Using your arms push yo your knees

	Crawl to the nearest piec furniture (something that if you put your weight ont
	Put your hands onto the and bend your strongest
	Push through your arms standing position.

	Rest and alert your docto serious injuries.

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:

	Sit on the floor and rest, shuffle on yo bottom to a footstool, pile of cushions step.

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

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

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