



Caroline E. Dessens, PT, DPT  
1646 Military Hwy, Pineville, LA 71360  
www.RedRiverRehab.com  
Phone: (318) 443-9305  
Fax: (318) 443-3143

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## Transfers

- Changing positions and moving from one surface to another are vital tasks to performing and completing daily activities.

### Sit to Stand

- **Criteria:**
  - Good upper and lower body strength
  - Can weight shift safely
- **Precautions:**
  - Fall risk due to fear/anxiety or impulsivity
- **Instructions:**
  - Scoot to the edge of the chair
  - Feet flat on the floor, shoulder width apart
  - Hands should be placed on arm rests of the chair
  - Initiate push off
    - At this time your weight should shift, placing your nose over your toes and your shoulders over your knees
  - As you move to stand, push through your knees, lifting your chest to bring shoulders up, and tucking your bottom.



Photo Credit: <https://i.pinimg.com/originals/09/08/e5/0908e5bec05ec3a7ab5fc2ea50c28384.jpg>



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### Stand Pivot

- **Criteria:**
  - Able to transfer from sit to standing
  - Can weight shift safely, but has poor balance
  - Can follow complex tasks
  - Good upper and lower body strength
- **Precautions:**
  - Impulsivity, anxiety, fear of falling
    - Increase risk of falls

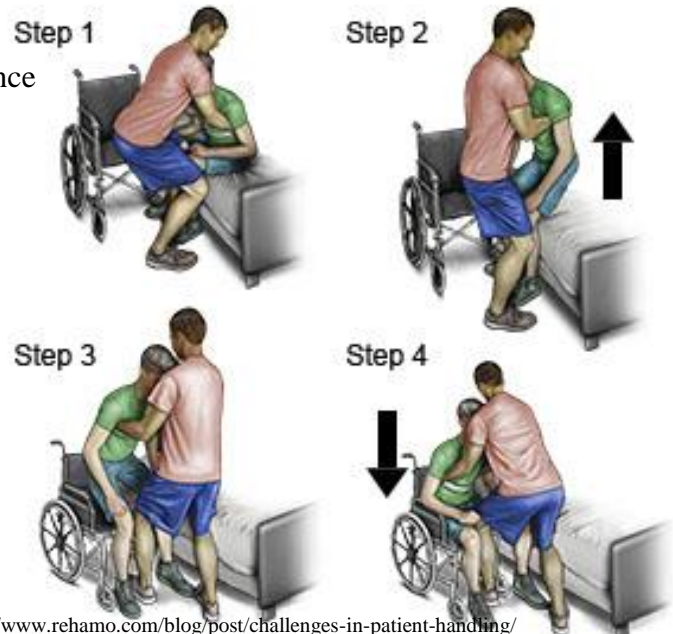


Photo Credit: <https://www.rehamo.com/blog/post/challenges-in-patient-handling/>

### Scotting

- **Indications:**
  - Weak lower extremity strength
- **Criteria:**
  - Good upper body strength
  - Able to lift hips off bed/chair
  - Able to follow visual and verbal cues



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## Sliding Board

- **Indications:**
  - Non weight bearing on one lower extremity
  - Stroke
  - Paraplegia
- **Criteria:**
  - Must have good upper body strength
  - Must be able to sit unsupported with good dynamic balance
  - Follow simple commands with good carryover
- **Precautions:**
  - Daily skin checks



Photo Credit: <https://www.drugs.com/cg/how-to-transfer-a-person-safely.html>