



1646 Military Hwy, Pineville, LA 71360

www.RedRiverRehab.com

Phone: (318) 443-9305

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Putting people's lives in motion

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.

Sit to Stand



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

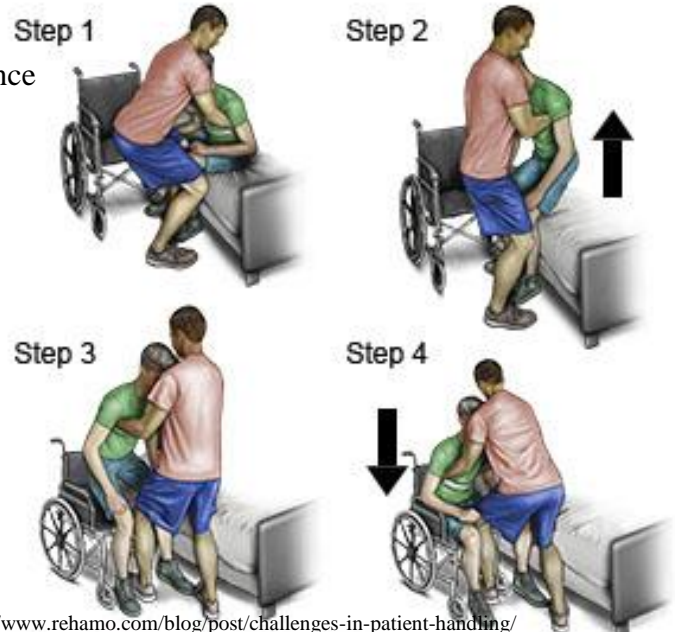


Photo Credit: <https://www.rehamo.com/blog/post/challenges-in-patient-handling/>

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

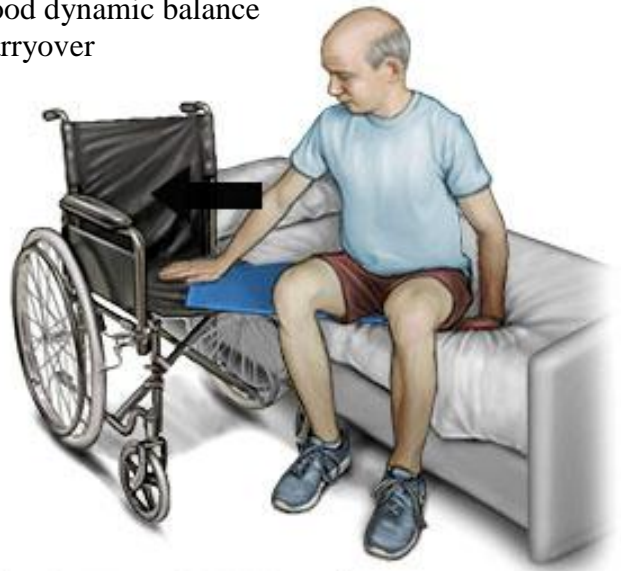


Photo Credit: <https://www.drugs.com/cg/how-to-transfer-a-person-safely.html>