

# **SIT TO STAND TRANSFERS**



Multiple Sclerosis Society  
of SA & NT

The following brochures is designed to help MS clients to safely sit down and stand up when mobility is limited and/or using walkers. This is important during rehabilitation and the ongoing management of your MS.

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(Final year OT students) 2009

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# Sitting Down

1



As you walk up to the chair, aim for something behind the chair. This will help you get closer to the chair.

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2



When you reach the chair, turn around slowly so that the backs of your legs are touching the front of the chair seat. Apply brakes.

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3



Place your hands firmly on the arms of the chair or on the edge of the seat.

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4



Lean forward.

---

5



Sit down slowly.

---

6



DO NOT collapse or throw yourself into the chair.

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## Sitting to Standing

1



Shift your bottom closer to the front of the chair.

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2



Position feet flat and shoulder-width apart on the floor.

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3



Move your feet under the chair.

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4



Place your hands firmly on the arm rests of the chair.

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5



Lean forward ("nose over toes")

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6



Push up to a standing position.

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## Safety tips

1. Try to do chair transfers from chairs with arm rests on both sides.
2. When getting out of a chair, get up slowly and push up from the arm rests.
3. Check chair stability before you sit or stand.
4. Avoid sitting into low or high chairs. Make sure that the chair seat is of appropriate height to the back of your knees.
5. Make sure that the floor is not slippery or you have footwear with a non-slip sole, before you do the chair transfers.
6. Blood pressure can fluctuate when you change your posture, such as lying to sitting or sitting to standing. To avoid dizziness, wait for few minutes before moving.

The Multiple Sclerosis Society of SA & NT Inc.

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