



## Information Guide

### Your Wellbeing and Independence



# Getting up from the floor after a fall

## What this guide is about

Falling is a serious and common event for older adults, with 35% of those aged 65 years or older experiencing one or more falls. Between 10% and 25% of those that fall will sustain a serious injury<sup>1</sup>.

This Information Pack outlines how to safely get up from the floor after a fall (for those able to do so).

Do not attempt the steps in this pack if you do not think you can get up again. It is best to only practice this sequence of 'getting up' under the supervision of your healthcare or medical provider.

When practicing, avoid using hard floors and use a sturdy chair that can support your weight. A carpeted or rugged area is more comfortable when lying down and is easier on your joints as you work through the steps.

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Date of publication: November 2015 © Amacsports Ltd

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<sup>1</sup> Department of Health (2009) *Falls and Fractures: Effective Interventions in Health and Social Care*.

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## The sequence

1



You find yourself lying in a supine position after a fall.

2



Raise your left knee, placing the foot flat on the floor.

3



Place your right hand out to the side. Some sources recommend raising the arm overhead.

4



Place your left hand on your right shoulder.

5



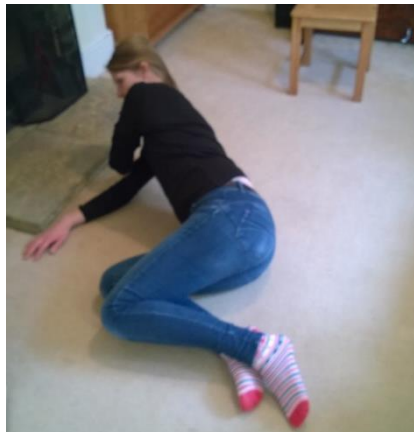
Roll onto your right side by bringing your left knee across your body and twisting your torso to the right.

6



Pull both knees towards your chest.

7



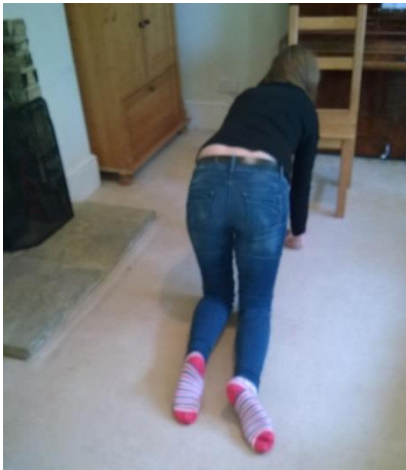
Push down with your left hand and use your right arm to raise your torso. Start to roll over ...

8



... onto your hands and knees.

9



Crawl to a nearby sturdy object, such as a chair.

10



Place one hand on the chair...

11



... and the other hand on the chair.

12



Raise one knee, placing the foot flat on the floor. You may find it easier to do this with your strongest leg.

13



Lean your weight forwards over your arms, and push down with your hands and push upwards with your leg.

14



Until you are standing.

15



Turn yourself gently and sit down for a rest.



## Learning and practicing the sequence

You may find it easier to work backwards through the steps when trying to learn the movement sequence, breaking it into little chunks and linking these together. For example:

### Sequence 1

Face a sturdy chair and practice moving from a standing position to a lunge position and back again to a standing position. Remember to step back with your weakest leg, lean forwards placing both hands on the chair, and then bend both knees until the rear knee is resting on the floor. Stand up again by pushing down with the hands and upwards with your leg.



### Sequence 2

When you can do sequence 1, practice moving from this lunge position to kneeling on all-fours. You'll need to keep your hands on the chair, lower your raised knee to the floor, take one hand off the chair and place it on the floor and then repeat with the other hand. Reverse this sequence, returning to a lunge position.

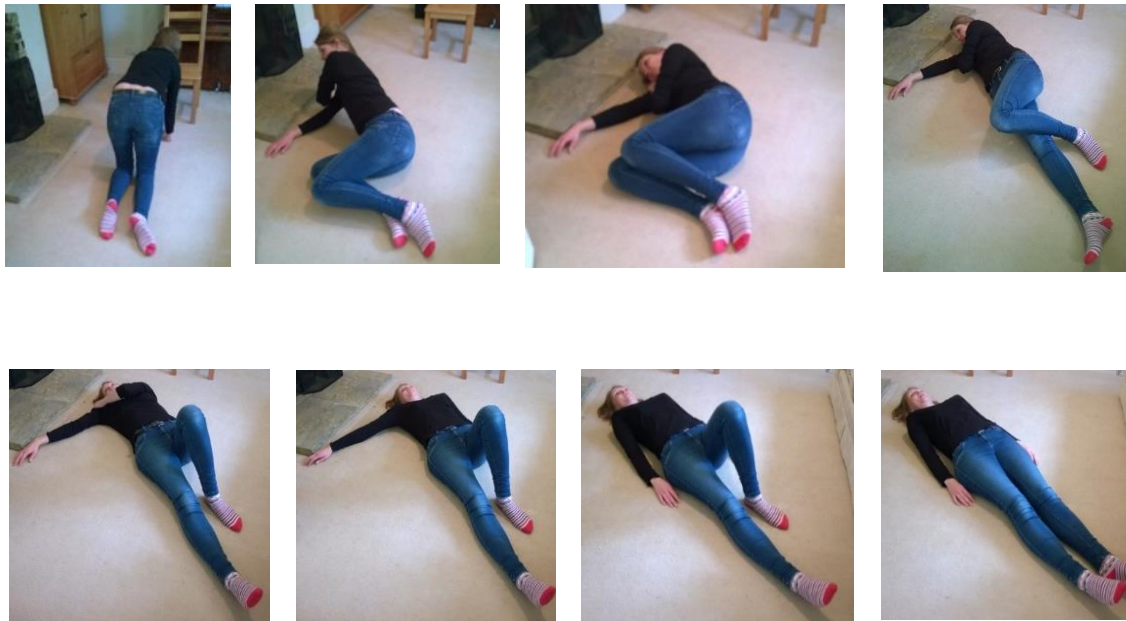


### Sequence 3

When you can do sequence 2, combine sequences 1 and 2 until you feel confident in moving from a standing to a kneeling position, and back again.

## Sequence 4

Practice moving from a kneeling to a supine position, and back again - keeping your right arm straight, place your left arm on the floor behind it, and use these to support yourself as you lower your right hip and shoulder to the floor; straighten your right leg and roll onto your back. Reverse the sequence to get back onto all-fours.



## Sequence 5

Combine sequences 1, 2, and 4 until you are able to confidently move from a standing position to a supine position and back again.

For some, it may be the case that these 'chunks' need to be broken down further to develop the fitness and skills needed to perform this movement safely and effectively.

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**Please don't throw this guide away when you have finished with it; perhaps pass it on to a friend, health professional or to your local GP surgery.**

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