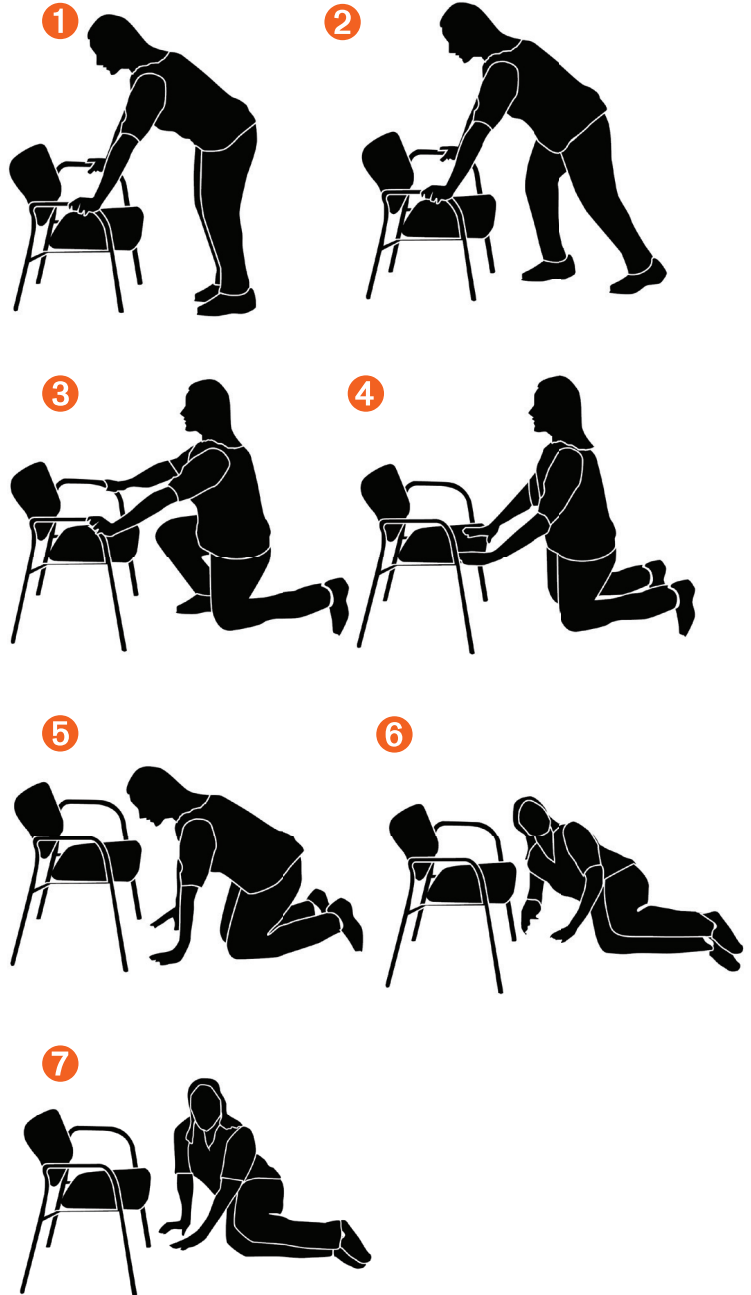


## Getting Down to the Floor

- 1 Standing facing a chair, take about 2 steps back. Reach forward and hold onto the arms of the chair.
- 2 Step back with your weaker or more painful leg so that your stronger leg is in front.
- 3 Bend both knees to lower onto the back leg. Use your arms to control how fast you lower yourself to the ground.
- 4 Reposition your hands from the arms of the chair down to the seat. Bring your front leg back so that you are in a tall kneeling position.
- 5 Lower your hands to the ground so that you are in a crawling position.
- 6 Move your hands toward the side you are rolling toward and slowly roll onto your hip on the same side.
- 7 Lean down toward the elbow so that you can lean on your side. You can also roll to your back from this position.



## Getting Up From the Floor

To get up from this position, you will follow these instructions in reverse. Starting lying down, you go into side sitting on your hip, to crawling position, to tall kneeling, to half kneeling with your hands on the chair. From there you pull up on the chair to stand and walking your hands up your legs as needed to get back to upright.

***If you are not sure that you can get up from the floor on your own, do not try this without supervision!***