



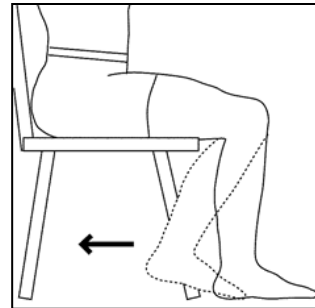
Physio en Route Inc.

### Follow these steps to stand up from a chair

1. Position yourself to sit closer towards the front edge of the chair
  - **Try this:** You can either scoot yourself forwards or lean back to slide yourself forwards

2. Bend your knees as far as you can (to 90 degrees or more)

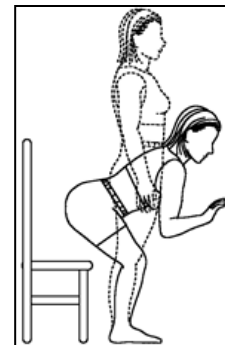
- **Common error:** Knees are not bent enough. The further your feet are away from your body, the harder it will be to stand up.



3. Keep your feet shoulder width apart. If the feet are too close together you will not have good support once you are standing up

4. Lean forwards and then stand up by extending your knees, hips and back

- **Common error:** If you are not leaning forwards while attempting to stand up, you will lose your balance backwards



- **Try this:** If the chair is very low you can use your arms to help push your body up off the chair

Have a question or want more information?  
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