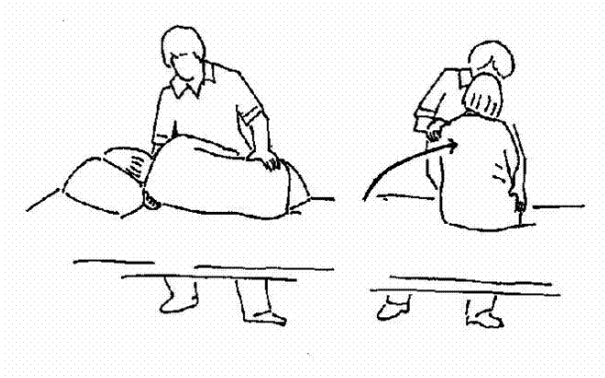


Physiotherapy

Department of Rehabilitation

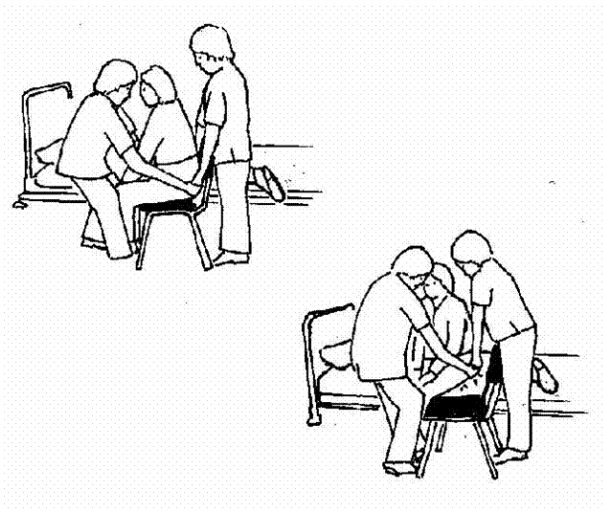
Transferring Stroke Patients

Sitting Up



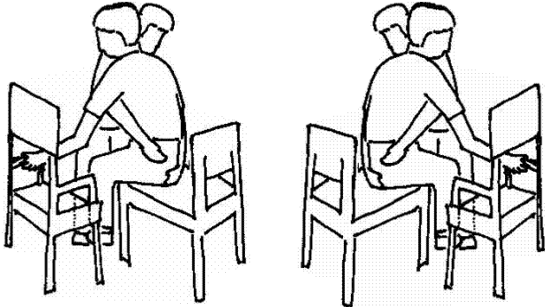
- Start with rolling the patient to their side with knees bent up at right angles.
- Support their shoulder on the bed and gently lower their legs over edge of the bed.
- Using your other hand as a pivot on the patient's hip, gently bring the patient up to a sitting position whilst supporting their lower shoulder.
- The patient can assist by **pushing** down against the bed with their arms. **Avoid** letting the patient **pull** with their arms.

Transfer when patient is *unable* to help



- Get the patient to support their affected arm by crossing both arms.
- Facing the patient, keep your feet apart, with back straight and knees bent. Keep one foot pointed in the direction you are going.
- Support below the patient's buttocks firmly with both hands. You may need to support the patient's weaker knee by clasping it with your knees.
- Lift the patient off by leaning them forward, gently turn them towards the chair (while keeping the leaning position), and gently lower them to the chair.
- A second person can stand behind the patient and help by lifting the patient's buttock simultaneously.

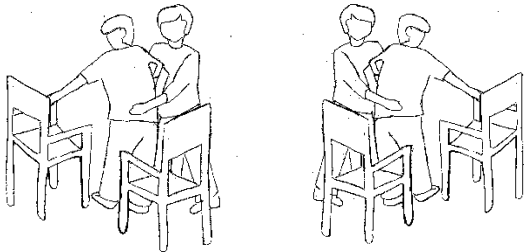
Transfer when patient is *able* to help



- For right sided weakness
- For left sided weakness

- Facing the patient, keep your feet apart, with back straight and knees bent. Keep one foot pointed in the direction you are going.
- The patient may assist by supporting their affected arm or reaching for the opposite arm rest with the unaffected arm.
- Support below the patient's buttocks firmly with both hands.
- Lean the patient forward into standing position and gently turn them towards the chair, before lowering them to be seated.

Transfer when patient is able to *stand*



- For right hemi
- For left hemi

- Stand on the patient's affected side.
- The patient may help by reaching for the opposite arm rest.
- Support the patient's weaker side firmly.
- Allow the patient to stand and step towards the chair, then slowly lower themselves to be seated.

Disclaimer:

The information provided in this publication is meant purely for educational purposes and may not be used as a substitute for medical diagnosis or treatment. You should seek the advice of your doctor or a qualified healthcare provider before starting any treatment or if you have any questions related to your health, physical fitness or medical conditions