

GETTING UP AND DOWN FROM THE FLOOR



1. Arrange yourself so that you are sitting diagonally on a couch, bed or chair with the strongest leg “behind” you.



2. Keep one hand on the couch/bed/chair, the other on the front knee.

3. Lower the “strong” knee to the floor, ending up in a “half-kneel” position.

4. For a STRENGTH EXERCISE, practice steps 2 and the first half of 3 to do “push-ups” without going all the way down.



5. Pick up object from the floor (if you need to).

6. To get back up, reverse the process. Put one hand back on your knee, and the other on the bed/couch/chair.

7. Breathe OUT as you press yourself back up from the floor. Keep your shoulder blades down as you press yourself back up. Use your toes on the back leg to help push you up.