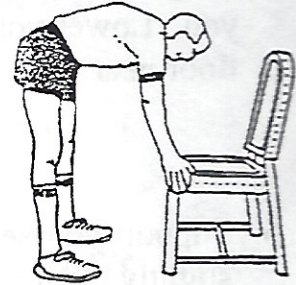
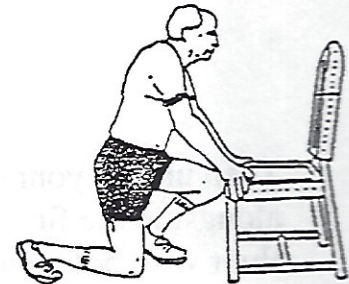


Follow this procedure to help you get down to the floor and back up more easily.

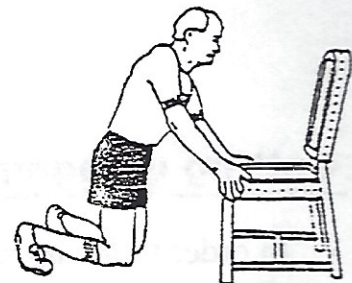
1. Stand in front of your chair, bend at the waist with knees bent slightly and grasp the edge of your chair, supporting yourself. (Make sure your chair is secure and won't slip, and is heavy enough to support you without tipping over.)



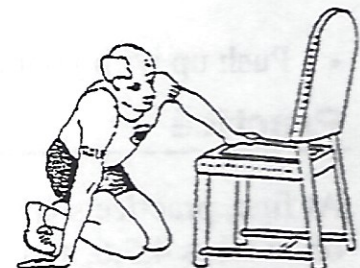
2. Use your arms and the chair to support your weight. Lower one knee slowly and gently to the floor. Do only one knee at a time.



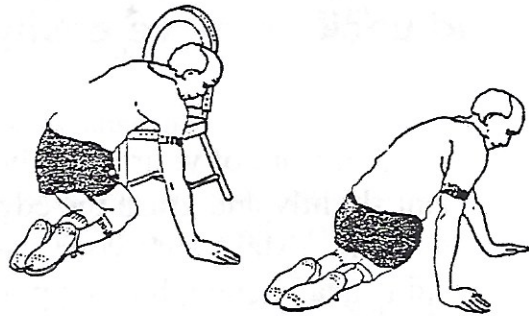
3. After one knee is firmly on the floor, you can then lower your other knee, but continue to hang onto the chair for support.



4. Hang onto the chair with one hand while you lift your other hand off the chair and place it onto the floor at your right side.



5. Support your weight with one arm.
Bring your other hand over near your body so that both hands and arms support you. Lower your hips gently down to the floor near your hand.



6. Support yourself with your arms and hands. Lean back slightly raising one leg straight out in front of you.



7. Then unfold your other leg and straighten it out alongside the first leg. You should be sitting on the floor with both legs in front leaning on your arms.



Getting up again

- In order to get up again, simply get on your hands and knees in front of the chair, position 3.
- Then raise your leg up to position 2.
- Push up with your arms and legs and slowly stand.

Practice

At first, practice steps 1, 2, and 3 several times, getting up and down. Then go on to steps 4,5,6, and 7. Practice the whole procedure several times in order to be familiar with it.