

THREE STAND-UP STRATEGIES AFTER A FALL

APPLIED UKEMI Companion Resource

Do not rush to stand. First complete the Top-Down Body Scan, assess the environment, and decide whether it is safe to move. Then choose the recovery strategy that best fits your strength, mobility, and surroundings.

BEFORE YOU MOVE

Pause. Scan from head to toe for pain, dizziness, bleeding, numbness, or unusual weakness. If anything feels wrong or movement may be unsafe, stop and get help.

1

BABY STAND

Use both arms and both legs.

From lying on your back, roll to one side and rise to hands and knees. Walk the hands back toward the knees as the hips rise. Use both arms and both legs together to press toward standing. A stable support may be used for the final push if one is safely within reach.

2

HALF-KNEEL RECOVERY

Use a sturdy support surface.

From hands and knees, bring one foot forward into a half-kneeling position: one knee on the floor, one foot flat. Place both hands on a sturdy chair seat, couch arm, or low table. Use the hands and forward leg together to press upright.

3

WALL-ASSISTED RECOVERY

Use the wall when furniture is not nearby.

From hands and knees, walk both hands up the wall while walking the feet closer to it. Use friction and progressive hand placement to climb toward standing. This may be useful in open areas such as hallways, bathrooms, or kitchens.

THREE STRATEGIES. FIND THE ONE THAT WORKS FOR YOUR BODY.

No single method is right for everyone. Strength, mobility, body mechanics, and the environment determine the best option.

Practice before you need it. Recovery skills are trainable. Learn and rehearse them in a safe setting, use qualified supervision when needed, and do not push through pain, dizziness, or instability.