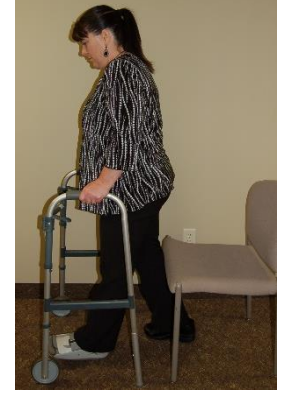


Sit to Stand with Walker



1. Bring yourself forward, to the edge of chair, place good leg under chair. You will use this leg to help push you up to a standing position.
2. Place hands on the surface of which you are sitting. Once you are ready to stand, use your good leg and arms on the chair to push yourself to a standing position.
3. Once you are standing, grasp walker's handgrips.

Questions please contact Northwoods Therapy Associates

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