



Summit
MIND & BODY

Getting Up From the Ground Safely

A step-by-step guide for mature adults

1. Pause and Breathe

Stay calm & check for injury.



2. Roll Onto Your Side

Roll to your side.



3. Move to Hands & Knees

Get onto hands & knees.



7. If Kneeling Is Difficult

Try the Scoot Method.

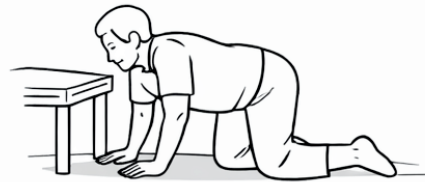


4. Crawl to Support



Crawl to a sturdy chair.

5. Bring One Foot Forward



One foot forward, use the chair.

6. Stand Up Slowly



Push up to stand.

Practice Builds Confidence.

Take it slow and steady.

Getting Up From the Ground Safely

A simple step-by-step guide for older adults

1. Take a moment

- Stay calm
- Breathe slowly
- Notice how your body feels
- If you have sharp pain, dizziness, or cannot move – call for help

2. Roll onto your side

- Bend one knee
- Gently roll your body toward that side
- Use your hands to help you turn

3. Move onto hands and knees

- Bring your elbows under you
- Push up slowly until you're on all fours
- Pause and rest if needed

4. Crawl to a sturdy support

- Move toward a chair, couch, or table
- Make sure it won't slide

5. Bring one foot forward

- Place your stronger leg in front
- Keep both hands on the support
- Foot flat on the floor

6. Push up to standing

- Lean forward
- Press through your hands and front leg
- Stand up slowly
- Take a moment before walking

If kneeling is uncomfortable

Try the Scoot Method:

- Sit upright
- Scoot your bottom toward a sturdy chair
- Use cushions or steps to raise your height
- Shift onto the chair when high enough