PARTICIPANT HANDOUT

Floor-Hugging Intervention

How do you prepare for falls?

This handout shows how to lie down on the floor and how to get back up again, with and without the support of furniture. It also presents exercises that build the strength and mobility these movements require.

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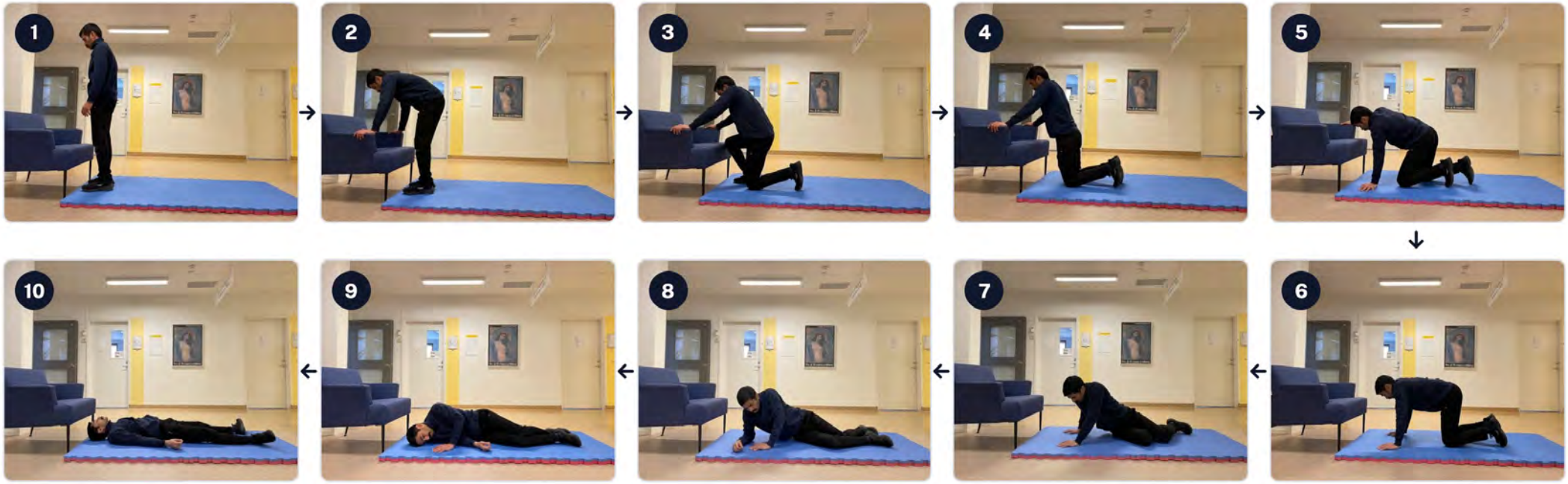
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SECTION 1

Lying down on the floor

With support

Ten steps

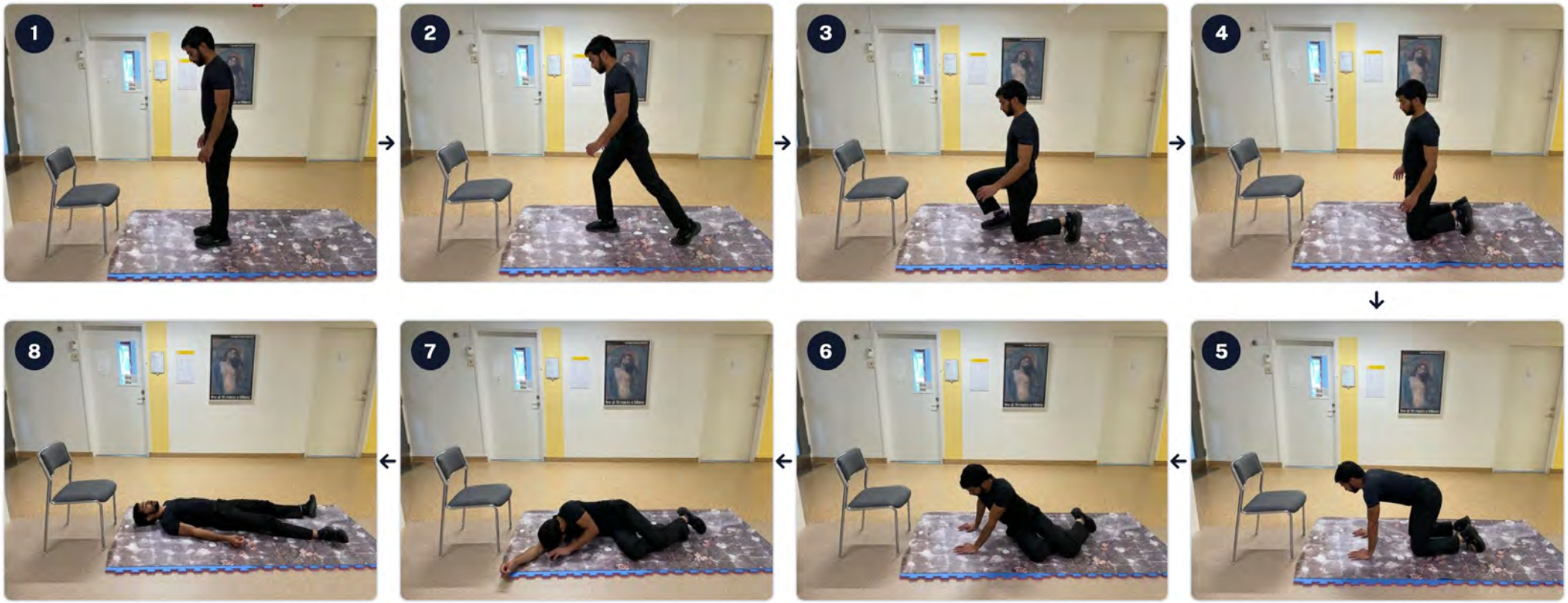


SECTION 1

Lying down on the floor

Without support

Eight steps

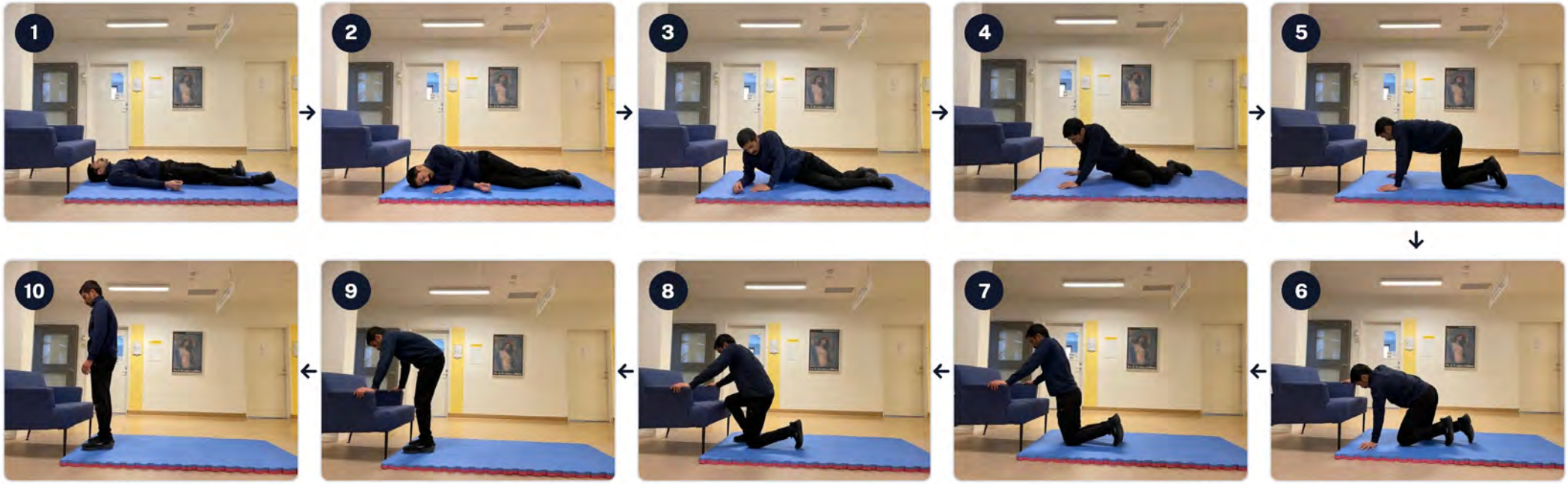


SECTION 2

Getting up from the floor with support

Method 1

Ten steps



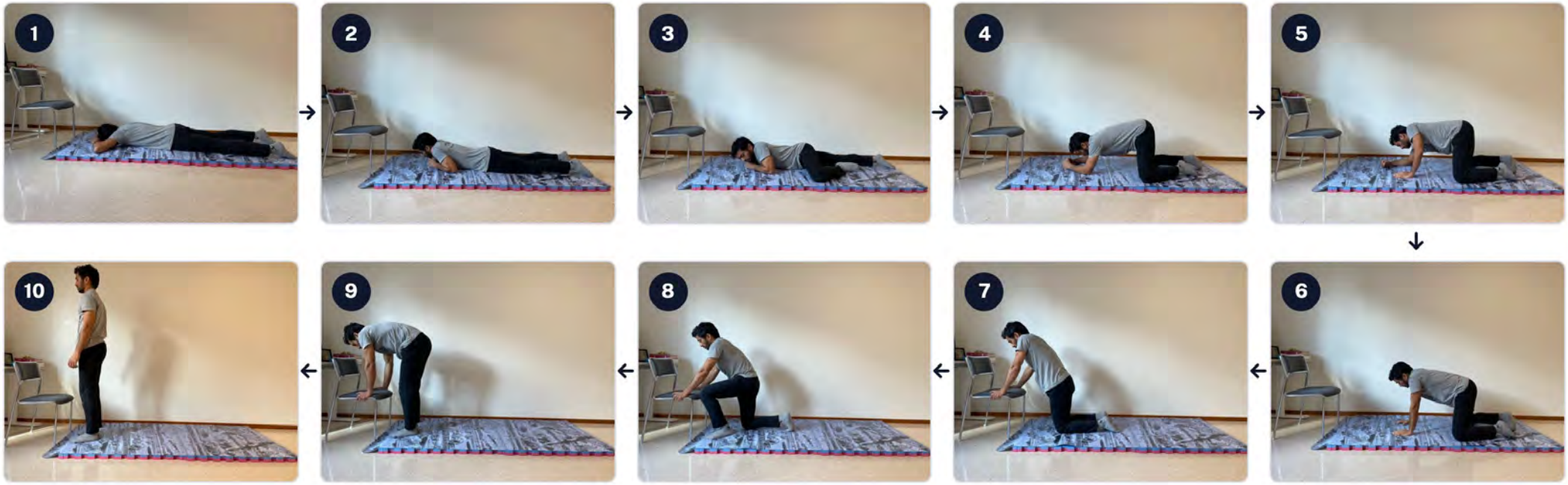
SECTION 2

Getting up from the floor with support

Method 2

Without stress on the back

Ten steps

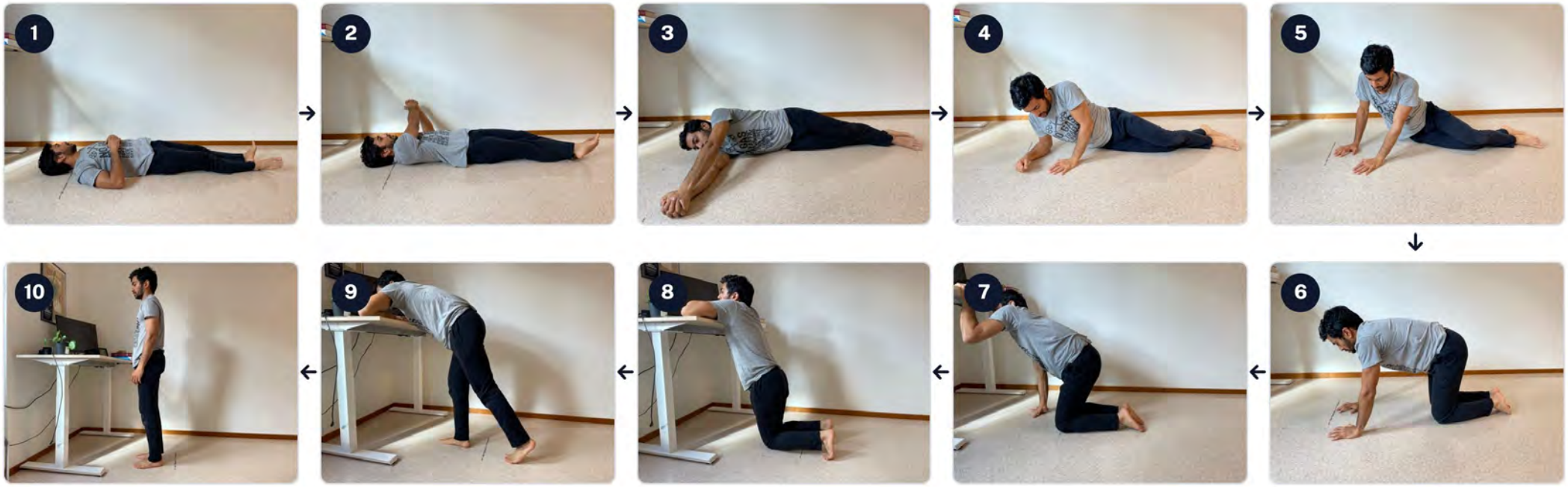


SECTION 2

Getting up from the floor with support

Method 3, using a table

Ten steps





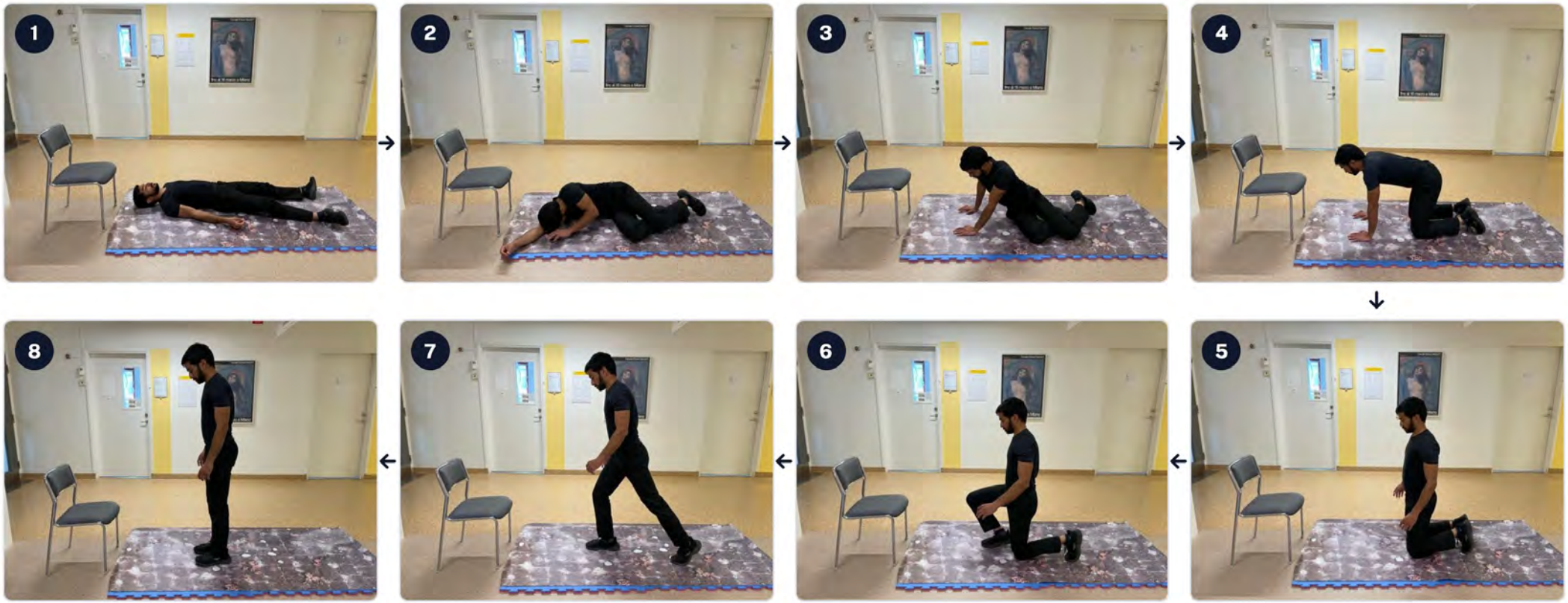
Detail: flexed toes

SECTION 3

Getting up from the floor without support

Method 1

Eight steps



SECTION 3

Getting up from the floor without support

Method 2

Eight steps

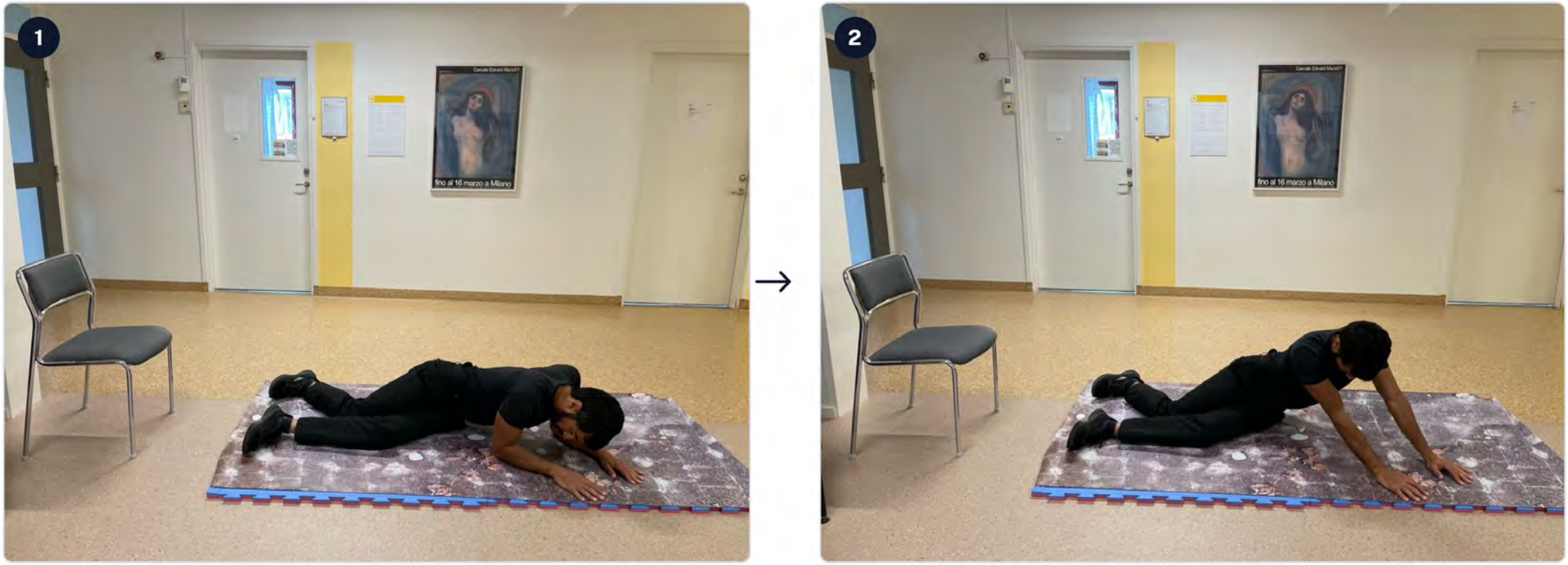


SECTION 4

Exercises

Upper body, arms and shoulders

Two positions

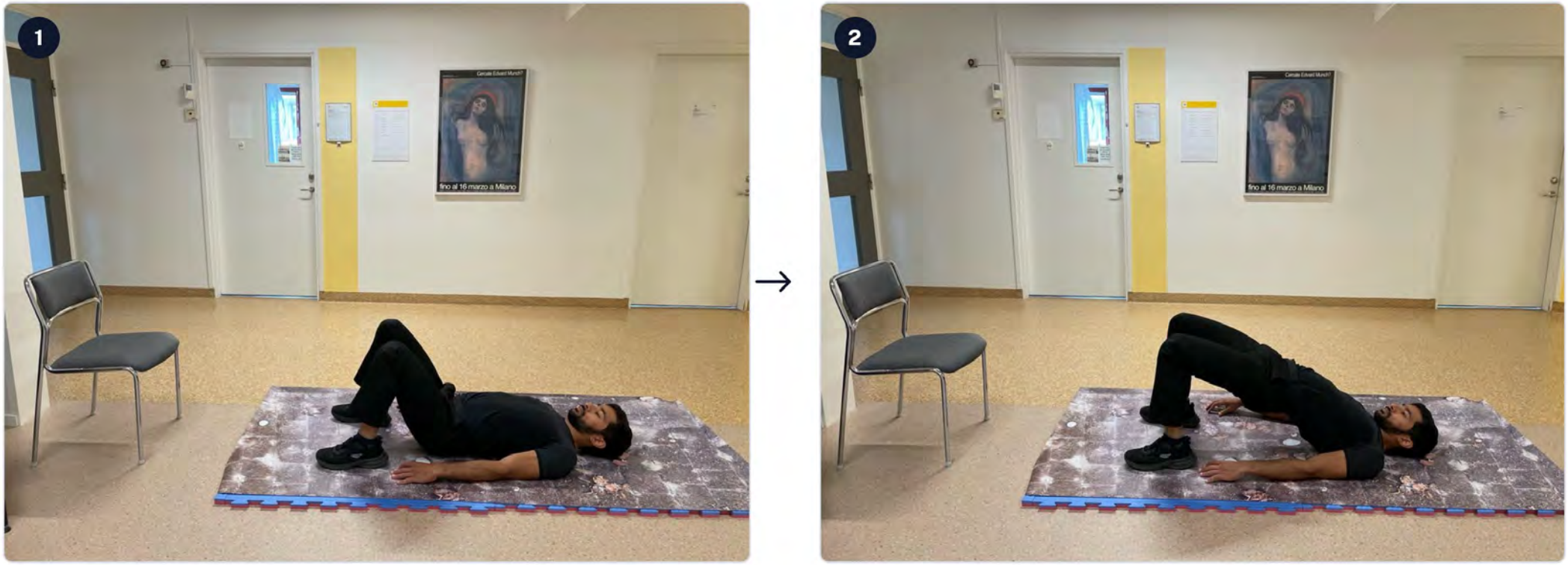


SECTION 4

Exercises

Lower back

Two positions



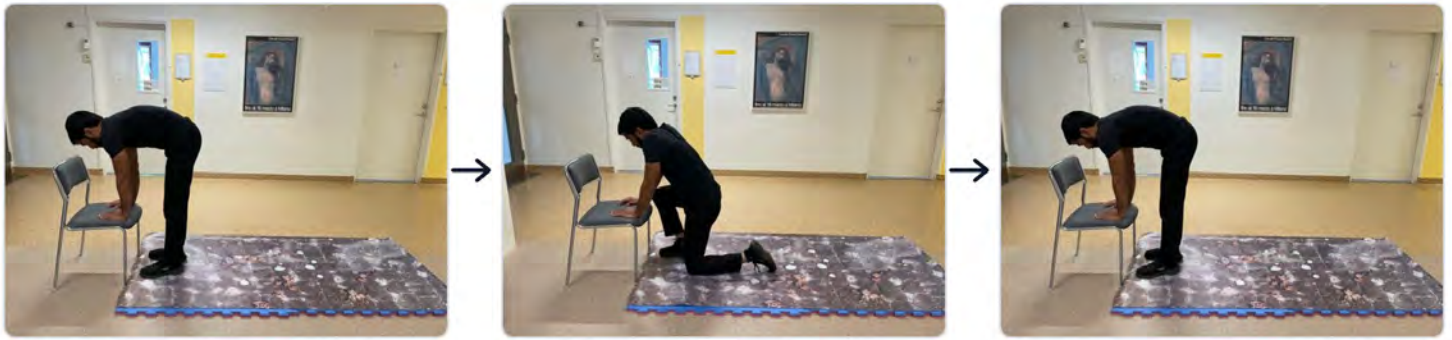
SECTION 4

Exercises

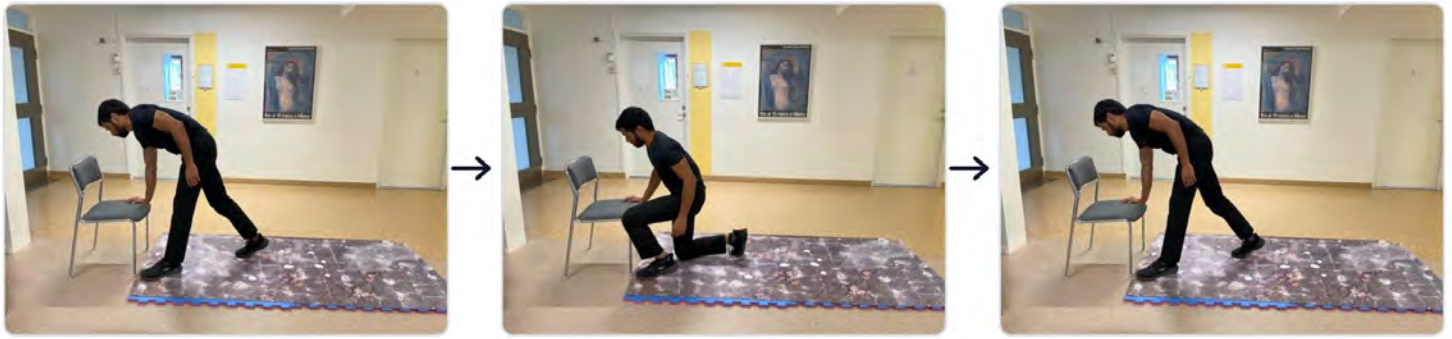
Legs, three versions

From easy to hard

1 Easy



2 Medium



3 Hard



SECTION 4

Exercises

Deep squat to train terminal range of motion

From easy to hard

1 Easy



2 Medium



3 Hard





Detail: crossed ankles