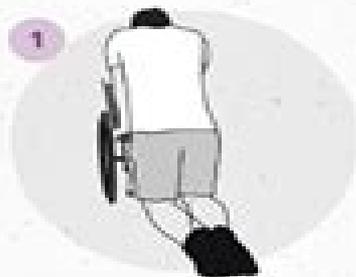


FLOOR TO CHAIR TRANSFER TECHNIQUES for PEOPLE WITH PARAPLEGIA

Transferring from the floor to a chair can be achieved multiple ways. It is always best to practice this with a physical or occupational therapist before trying at home, but studying the steps outlined below may be helpful to make these transfers second nature by the time you attempt them. Below are techniques that can be used by people with paraplegia to transfer from the floor to their wheelchairs. Using brakes and gliding the chair against a wall may be safest while learning this technique.

FORWARD FACING TECHNIQUE:



STEP 1: Begin by facing your chair on your knees.



STEP 2: Place your hands on either side of your chair. Where you place your hands can vary depending on your chair—some have bars that can be gripped, with others you may need to place your hands on the seat itself.



STEP 3: Push yourself up and move your feet toward the seat.



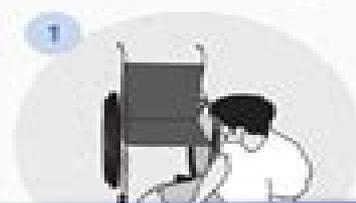
STRENGTHS of this technique:

The arms can stabilize the torso in cases where core weakness is a concern.

WEAKNESSES of this technique:

It can be difficult to make

REAR FACING TECHNIQUE:



STEP 3:

Place your dominant hand on the wheelchair. Use the non-dominant hand to push yourself up into a crouching position.

STRENGTHS of this technique:

Less upper body strength is typically needed to transfer compared to the forward-facing technique, so an intermediate step can be used where you push to a lower object and then to the chair.

WEAKNESSES of this technique:

It can be very difficult if you have core muscle weakness. It is also typically difficult for tall people.

Applied Physical Techniques

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Physical Methods for Materials Characterisation Peter E. J. Flewitt, Robert K. Wild, 2017-12-06 This completely revised and expanded new edition covers the full range of techniques now available for the investigation of materials structure and accurate quantitative determination of microstructural features within materials It continues to provide the best introductory resource for understanding the interrelationship between microstructure and physical mechanical and chemical properties as well as selection and application of techniques for both basic and applied studies In particular changes have been made to reflect developments in analysis of nanoscale and biological materials

PHYSICAL METHODS, INSTRUMENTS AND MEASUREMENTS - Volume III Yuri Mikhailovich Tsipenyuk, 2009-04-15 Physical Methods Instruments and Measurements theme is a component of the Encyclopedia of Physical Sciences Engineering and Technology Resources which is part of the global Encyclopedia of Life Support Systems EOLSS an integrated compendium of twenty Encyclopedias The Theme provides a complete survey of the present status of our knowledge of modern physical instruments and measurements It is organized in the following main topics Measurements and Measurement Standards Sources of Particles and Radiation Detectors and Sensors Imaging and Characterizing Trace Element Analysis Technology of Physical Experiments Applications of Measurements and Instrumentation which are then expanded into multiple subtopics each as a chapter These four volumes are aimed at the following five major target audiences University and College Students Educators Professional Practitioners Research Personnel and Policy Analysts Managers and Decision Makers and NGOs

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Wildlife Research in Australia Bradley P. Smith, Jordan O. Hampton, Helen P. Waudby, Corinne Alberthsen, 2022-07
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