Supported sit-to-stand

EVERYDAY STRENGTH / HOME EXERCISE GUIDE

PURPOSE

Practice standing up and sitting down with a setup matched to your strength and balance.

YOU WILL NEED

A firm chair without wheels, placed against a wall; armrests if prescribed; nonslip footwear.

BEFORE YOU BEGIN

Ask your clinician to choose a safe seat height and hand support. Use supervision if advised. Do not use a chair or support that can slide or tip.

PAUSE AND GET ADVICE

Stop for joint pain, dizziness, unusual breathlessness or loss of balance.

Chest pain, fainting or severe breathing difficulty requires emergency help.

STEP BY STEP

1. Sit near the front of the chair with both feet firmly on the floor, about hip-width apart.
2. Bring your chest forward over your feet. Use the prescribed armrests or hand support as needed.
3. Press through your feet and rise smoothly. Stand tall without locking your knees.
4. Reach for the armrests if used, bend at the hips and knees, and sit down slowly with control.

KEEP IN MIND

Breathe out as you stand. Pause between repetitions; avoid rocking repeatedly to build momentum.

YOUR INDIVIDUALIZED PLAN

Your clinician should select this exercise and complete the plan before you begin. Use only the range and resistance demonstrated for you.

Repetitions: _____ Sets: _____

Hold (seconds): _____ Days per week: _____

Side: _____

Clinician / date: _____

Range or modification: _____

Seat height / hand support: _____

Review date: _____

SOURCES AND FURTHER READING

NHS - Strength exercises

General adult education. Use only when selected and adapted by your clinician. This handout does not diagnose symptoms or replace your individual care plan.