

Moving from Sitting to Assisted Standing

1. Put wheelchair brakes on – in this case the brake lever is a foot pedal at the back of the chair under the seat. With other wheelchairs the brakes will be mounted on the larger rear wheels and will be either push-to-lock (push forward on the lever for the brakes to lock) or pull-to-lock (pull back on the lever to lock).



2. Have the student lean forward so that you can put the transfer/walking belt around his/her waist. Then do up the buckle.



3. One end clips into the other. Make sure the belt is snug around the student's waist.



4. Flip the foot rests up out of the way. If the student is able, have him/her lift his/her own leg while you swing or lift the footrest out of the way. There is a lever you push to unlock the footrest so that it will swing or lift out of the way.



5. Firmly, but gently, tap the student's thighs for 2 or 3 seconds while you tell the student that you are "waking up the thigh muscles so they are ready for work". Assist the student to move forward in the chair so that his/her feet are flat on the floor.



6. Place one of your feet between your student's feet. Hold onto the transfer belt and assist the student into standing. If the student is able to do so, have him/her push on the arm rests of the wheelchair to assist with getting into standing.



7. Once weight bearing, have the student bring his/her hips forward (tuck in the buttocks) to have shoulders, hips and ankles in alignment.

