Lower Extremity Amputation Floor Transfer with a Prosthesis

If you should fall while wearing your prosthesis, you can use the following technique to return to sitting or standing.

1. Crawl or scoot to a sturdy piece of furniture without wheels, like a bench, kitchen chair or couch.

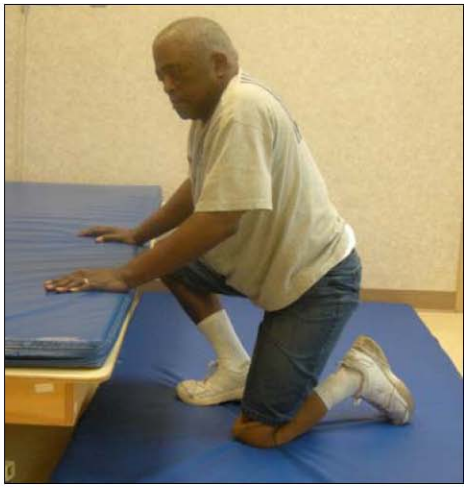


2. Get into a hands-and-knees position near the furniture.





3. Keeping your prosthetic-side knee down, place your opposite foot on the floor.



4. Use your arms and legs to push into a standing position.



The information presented is intended for general information and educational purposes. It is not intended to replace the advice of your health care provider. Contact your health care provider if you believe you have a health problem.