Mobility 2.4: Two Assist - Sit to Stand

So in addition to previous we're going to demonstrate now a two-assist sit-to-stand tasks without a walk belt, so you just see how the two assist works from a posterior pelvic grasp point of view and we'll follow on from an anterior pelvic grasp point of view.

 So, first of all, your positioning is exactly the same.

Kevin, could you wiggle forward in the chair for me?

Good. Feet back a little bit and feet apart for a good base of support— fantastic.

Now, Alicia is going to be helping me today as well, so, it's usually the person with the shorter arms that would go in first, so Alicia positions herself first. Okay, and then I go over the top, so we’re crisscrossing at the back, so we've got that dual support with Kevin.

Now Kevin, can you put your arms on the armrests of the chair, so you're ready to push up. Now what we're going to do is we're going to lean him forwards, lean him backwards and then stand up. Are you ready?

Okay, so forwards, backwards, and up – fantastic.

From here we're going over to the bed, Kevin. Good, I'm going to go through and just walking back until you feel the bed on the back of your legs. So, our hands both come up to the shoulder blades. Good, and in you reach back to the bed and sitting down — very easy!

Okay and now just as a variation two assist from the front. So, we change positions, okay, and we're standing on either side we actually stand with our outside leg going forward, and Alicia's got the slightly shorter arms so she's going to go in first, and she'll cross over, okay, and then I go over again.

Now Kevin, you could actually hug onto our arms if you want, or you could push off the bed, whichever you feel more comfortable doing.

Okay, now we're going to lean forwards back and stand again. You ready? So, forwards, back and stand up. Well done! Then we come across change our hands over and we're going over to the chair, Alicia's going to take the lead. Good, can you feel the chair Kev? Now hands come up to the shoulder blade, you reach back to the chair and sit.

Well done, Kevin! And that’s a two-assist task.

So, at times there are some incorrect techniques and we just wanted to highlight an incorrect technique and the risks associated with it. So, we never want to hook under the arms. There's usually two instances we see that happening, the first is assisting someone to stand which is where we might position ourselves like this and say Kevin on the count of three we're going to stand. This is a really high risk of injury to the shoulder. We’re never going to hook through whether it’s from behind or whether it’s from in front, hooking is not the best practice, and we don’t want to see it.

The other time is usually when we need to lay Kevin forward to position something behind his back or through sharing where we need to get to his back. We never want to see any hooking and pulling forward; it’s only ever a nice broad pressure at the front of the shoulder or at the back of the shoulder and that’s where the force should be applied.