

Floor Transfer – Stand/Prone/Stand

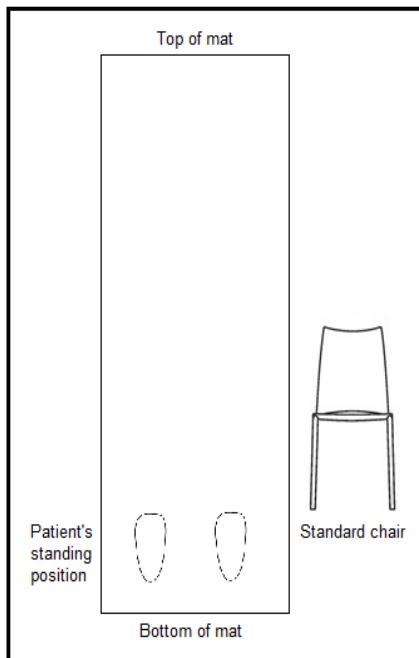
Equipment needed: Stopwatch, mat, chair or mat table within reach (on the side or in front)

Instructions: Demonstrate getting down and up off the floor.

“I want you to come all the way down to the ground until your chest, belly, and hips touch, then get back up. The goal is to perform this transfer as safely and quickly as possible. You can perform it in any way you feel comfortable and confident. You can use the chair or mat table to assist or ask me for assistance if needed.

Prior to administering test, ask the following question:

- How confident are you that you will be able to perform this transfer, down/up off the floor?
(Circle one) **Low / Moderate / High**



Instructions: “The timer will start when I say ‘Go’ and stop when you achieve an upright standing position.”

- Tester says: “**ready, set, go**” and starts the timer at “go”.
- Stop timer when patient achieves full standing position with upright posture, maintenance of balance.
- Observe steadiness and need for assist going down or up

Time: _____

Assist (circle direction): No / Yes

- Chair assist **Down / Up**
- Physical assist **Down / Up**
- Adaptations used: Airex / Pillow / Wedge

Any Pain? Y / N

Dizziness / Lightheadedness? Y / N

How hard was this task? Easy / Moderate / Hard