



VARIATIONS OF GETTING UP AND LYING DOWN IN THE RIGHT WAY

Getting up and lying down over the hip and the knee

Lying on your back, bend the first one and then the other leg and if one shoulder hurts, support yourself on the other arm to turn over. This time the right arm stretches up to the ceiling and the left arm stretches to the side so that you can support on that arm. Stretching the right arm to the ceiling turn both knees to the left so that you can turn on the hip and support yourself on the left elbow. Stretch yourself up to your palm – you are in an inclined sitting position.

Return back in the same way over the elbow and the hip to the lying position. It is a training of getting up from the lying into the sitting position. If it were difficult for you, you can make use of support on both palms.

Continue from this position up to the kneeling position, move hand over hand to get to the front, support yourself on your knees and then put one foot forward. The same hand leans against the thigh of the leg, stretch yourself up and straighten your body kneeling only on one knee. Add the other leg and get up into standing position.

Return back in the same way and keep the whole motion under control.

Step back with one leg and put slowly one knee on the mat, then support yourself on the palms and put the other leg backward, put the knee on the mat and sit down. Turning over the hip lie down on your back.

This way of getting up is safe for your backbone.

Getting up or lying down without support on the knee

In case you either cannot or do not want to support yourself on one of the knees, move hand over hand down your legs and bend the knees at the same time. Then lean your palms against the mat turning the right foot under and thus get into the sitting position. You can get back into the lying position just over your hip.

Try out the way back – just lean your palms on the right side, support yourself on the left foot and thus you are supported on three points. Get up slowly and pull your right foot under, support yourself on both palms and feet. Put hand over hand to your legs, lean against the thighs, your knees bent, and stretch your back. If you are not so much able to bend your knees, keep the feet further from each other.

Getting up and lying down over the hip and knee with help of a chair

If you have a steady chair at your disposal, or a small stepladder, lean your palms against it, and then press one and the other knee into the mat.

Then transfer your palms on the ground, sit inclined, sink onto the hip and turn over it onto your back.



You will go back the same way. Turn over the hip, lift yourself on the lower forearm, then lean against your palm (or if necessary on both palms) and you are sitting inclined. Transfer your palms on the chair and lift yourself into the kneeling position. Make a slight step with one and then with the other leg and with arm support lift yourself up into the standing position and get your back straight.

Getting up and lying down with help of a chair without a knee support

This variant is used in case you do not want or cannot kneel down on one knee – in our case it will be the left knee. Support yourself with hands on the chair, kneel down on the right knee reducing the load on the left knee which does not touch the mat. Press your right palm beside your body, sit down on the right buttock and over the right hip lie down on your back.

You can use this variant even in case when it is necessary to reduce the load on the hip joint.

Go back in the standing position the same way – turn over the hip, lift yourself into an inclined sitting position, with hands support yourself on the chair, pull yourself on the right knee, the left leg steps slightly forward and with support of the palm (more than with support of the leg) lift yourself into the standing position.

Getting up from your bed over the hip

In our case you get up over the right hip. Bend gradually your legs so that you protect your back. Stretch your right arm to the side, turn on your right hip, support yourself on the left palm and the right forearm, then get your feet down supported on your hands and then lift your trunk up to the sitting position.

Get into the lying position in the same way – with help of your hands lie down on the hip, lift up one bent leg and then the other one and lie down on your back.