



3 DIMENSIONAL
PHYSICAL THERAPY

How to Properly Assist Someone Who Has Fallen

STEP 1



Assess for injuries

STEP 2



Get on hands + knees

STEP 3



Retrieve sturdy object

STEP 4



Place hands on object

STEP 5



Assist standing from the under arms

STEP 6



Stand tall

This content is for informational and educational purposes only. It does not take the place of medical advice or treatment from a physical therapist or other healthcare provider. Please consult with a physical therapist or healthcare provider for specific health concerns or questions.

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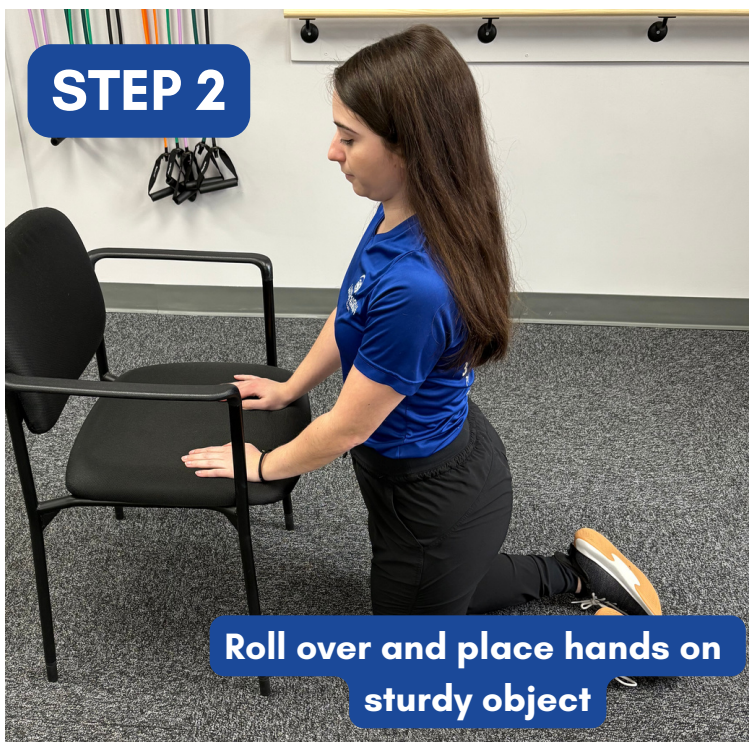
3 DIMENSIONAL
PHYSICAL THERAPY

How to Properly Rise on Your Own After a Fall

STEP 1



STEP 2



STEP 3



STEP 4



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