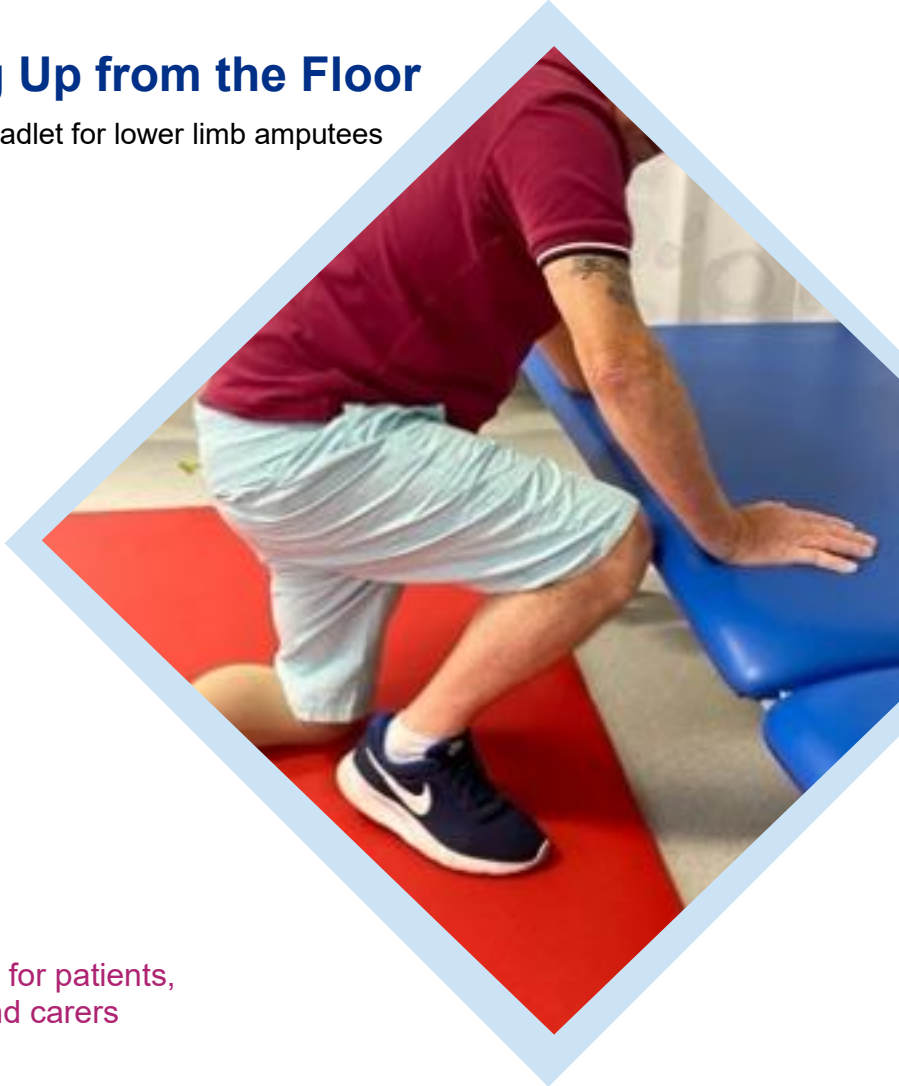


Getting Up from the Floor

An Advise leadlet for lower limb amputees

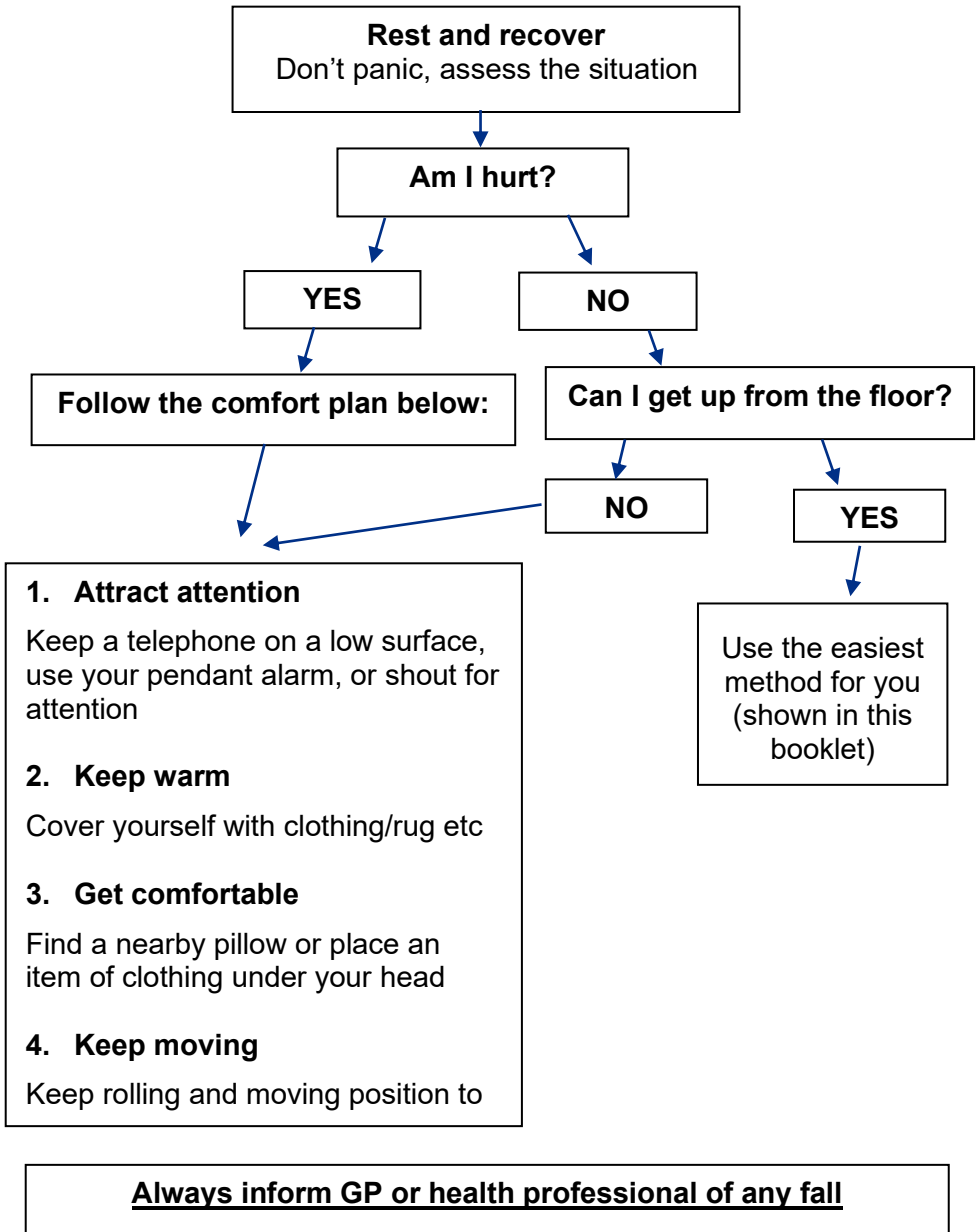


Information for patients,
relatives and carers

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What do I do if I fall?



Advice on how to get up off of the floor

Method 1 (for below knee or through knee amputees):

1. Stay calm, get your breath back and assess the situation, follow the flow plan on the above sheet.
2. Roll onto your side.



3. Pushing with your arms, turn onto all fours



4. Crawl to the nearest sturdy furniture eg, sofa, chair, step



5. From a kneeling position bring your remaining leg through to place your foot on the floor



6. With your arms and remaining leg, push into a standing position



7. Pivot on your remaining leg to sit down



8. Rest and recover

ALWAYS INFORM YOUR GP OR HEALTH PROFESSIONAL OF ANY FALL

Method 2 (for all lower limb amputees):

1. Stay calm, get your breath back and assess the situation, follow the flow plan on the above sheet.
2. Sit on the floor, then shuffle on your bottom to a step, low bed or sofa (you may want to pull cushions from sofa onto the floor to act as a step).



3. Place your hands or elbows onto the step and bend your knee to place your remaining foot on the floor. Push through your arms and remaining leg to lift yourself onto the step.





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General advice

If you notice problems e.g damage to your skin, pain in a joint- make an appointment to see your GP.

If your fall has affected your walking - make an appointment to see your GP. Contact your prosthetist so your artificial limb can be checked if necessary.

Be aware of phantom sensation in your limb before you transfer, especially at night to avoid falls.

General Health

Make sure your medications are regularly checked.

If you have high blood pressure, get it regularly checked by your GP.

Make sure you are hydrated - you should drink six cups of liquid a day.

Make sure you eat a healthy balanced diet.

Limit your alcohol intake.

Keep an active healthy lifestyle - inactivity leads to weak muscles and poor balance.

Make sure your eyes are regularly tested and you are wearing appropriate glasses as prescribed.

Home Environment

Make sure your home environment has appropriate lighting, no loose rugs/carpets, no uneven or wet flooring and not too much clutter that could be a trip hazard.

Place regularly used items in a easy to reach location.




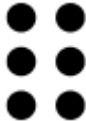
Making sure you don't rush – especially to the toilet or at night

Wheelchair/Walking aid use

Ensure your brakes are on before transferring.

Make sure you are wearing appropriate footwear.

For a translation of this leaflet or to access this information in another format including:

Large print				
	Easy read	Translated	Audio	Braille

Please contact the Patient Advice and Liaison Service (PALS) on:

Frimley Park Hospital

Telephone: 0300 613 6530

Email: fhft.palsfrimleypark@nhs.net

Wexham Park and Heatherwood Hospitals

Telephone: 0300 615 3365

Email: fhft.palswexhampark@nhs.net

Frimley Park Hospital Portsmonth Road Frimley Surrey GU16 7UJ	Heatherwood Hospital Brook Avenue Ascot Berkshire SL5 7GB	Wexham Park Hospital Wexham Street Slough Berkshire SL2 4HL
Switchboard: 0300 614 5000		Website: www.fhft.nhs.uk

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Legal notice

Please remember that this leaflet is intended as general information only. We aim to make the information as up to date and accurate as possible. Please therefore always check specific advice or any concerns you may