Fall Prevention: Floor-to-standing transfers.

Floor-to-standing transfers: 
(a) Begin in supine or prone position, with one arm extended. 
(b) Flex the opposite knee. 
(c) Roll toward the extended arm until a side-lying position is reached. 
(d) Push up into a side-sitting position. 
(e) Rotate the body until kneeling with the hands on the floor. 
(f) Walk, using the hands, to external support (easiest transition to standing) or (g) walk, using the hands, to standing (requires good upper-body strength) or (h) half-kneel to standing (requires good hip range of motion and lower-body strength). 
(i) Finish in standing position.