

## GETTING ON AND OFF A CHAIR WITH ARMS

- To sit back down, back up until you feel the chair against the back of your legs.
- Keep your head and chest up.
- Reach back for the arms of the chair with both hands and sit down.
- To get off the chair, slide to its edge.
- Push up with both arms and your uninvolved leg.
- Do not reach for a walking device until your balance is secure.

