

From supine lying to side lying

From side lying to sitting at the edge of bed

"Now, you should have a basic understanding"

"of the ""Eight Principles of Lifting and Transfer"""

Let us move on to the demonstrations

The following demonstration is about transferring
a generally weak and mobility-impaired elder

Let's see how the physiotherapist

"applies the ""Eight Principles of Lifting and Transfer"""

without any available assistive devices

to help the elder who is lying supine

to sit safely at the edge of the bed

"Before you start, make preparations"

"This is the first principle of the ""Eight Principles of Lifting and
Transfer"""

Create a suitable environment

Remove obstacles like beddings and shoes

and push the wheelchair close to the bed

If the wheelchair has detachable arm rests and leg rests

remove one side of the armrest and leg rest which are closer to the elder

then park the wheelchair properly

Brief the elder about the process so that she'll be ready

and knows what the carer will do

"If she can cooperate, guide her along"

or let her participate in the transfer with you

"This is the second principle of the ""Eight Principles of Lifting and
Transfer"""

"Next, help her to bend the knees"

Some elders may have heavy legs and or stiff joints

The carer can kneel on the bed with one knee to get extra support

It can reduce the load on your back

Then move the arm of the elder closer to the bedside away from her body

and put the other arm on the far side across her tummy

or put her arms in front of her chest

It avoids pressure on her arms while turning

Make sure to support her shoulder blade when moving the upper limbs

"If you only pull the upper limbs, you may injure the shoulders"

In the case of a weak limb of a stroke patient
poor support may even lead to shoulder joint dislocation
The carer should get as close to the bed as possible
Place one hand on the shoulder blade of the elder
and the other hand on her hip bone to give firm support
Then squat with one leg forward
or kneel with one knee on the bed
Keep your back straight
Shift your body backwards with your lower limb
and turn the elder to lying on her side
This movement is based on Principles Three to Six
"of the ""Eight Principles of Lifting and Transfer""
Step two : Help the elder to transfer from lying on her side
to sitting up at the edge of the bed
Bring her legs off the edge of the bed
The carer should keep the back straight
and stand on wide base with knees slightly bent
Then get as close to the bed as possible
Reach and support the upper back
of the elder by putting the arm under the neck of the elder
"However, do not lift the elder by putting your hand under her neck"
The other arm should press against the outside of the hip bone
hold her firmly
Pay attention to the direction of your feet
"First, point one foot to the direction where the elder will sit"
That means pointing your toes to the end of the bed
The other foot should be more
or less at a right angle to form a letter T
Keep the back straight and lift the elder by propelling your lower limbs
Shift the carer's weight towards the end of the bed
Bend your knees to secure a firm stance
Exert force with the lower limbs while keeping one arm up and the other
arm down
You can lift her safely and easily
"Lastly, check that the elder does not feel uncomfortable after sitting
up"
Let's review the whole process again
"This time we'll highlight how the carer coordinates her arms, back and

feet"

Pay attention to the circled areas

Another point worth noting is that

if the elder had a hip operation

or has an artificial joint replacement

place a pillow between the legs

when transferring from lying supine to lying on her side

When lying on the side

do not bend the hip joint more than 90 degrees

and do not let the affected limb cross the midline between the legs