

## Dr. Lovejoy-Evans's Nursing Home Prevention Strategy

### Zombie Get Up!

Use your hip and stomach muscles to scoot forward to the front edge of the chair. Avoid the use of hands. Shift from side to side and walk forward on your buttocks.



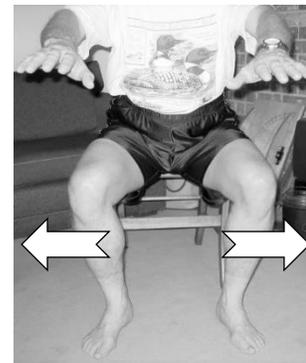
Pull your pelvic floor muscles tight, as if holding back urine.

Pull knees apart, keeping toes pointed forward.

Bring your nose out over your toes.

Rock several times if you need to build momentum.

You can hold your hands out in front of you to help get your weight forward (Zombie Get Up). Or put your hands on a cane or chair in front of you.



If you are unable to get up without using your hands, continue working on sitting down slowly until you can get up without your hands.

**PROGRESSION: Start with 4 of these a day and each week add 4 per day.**

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