

PARENTS' & GRANDPARENTS' LIFTING

Lift the people you love, safely.

Carrying kids and grandkids, car seats, groceries, getting up from the floor, and helping an aging parent, all without hurting your back.

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Close, low, no twisting

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Everyday family lifts

03 **Groceries and laundry**
Split the load

04 **Getting up from the floor**
A step-by-step method

05 **Helping an aging parent**
Caregiver tips

Start here → Practice the floor-to-standing steps on page 2 once a day this week.

General education only. Not a diagnosis or a treatment plan for you.
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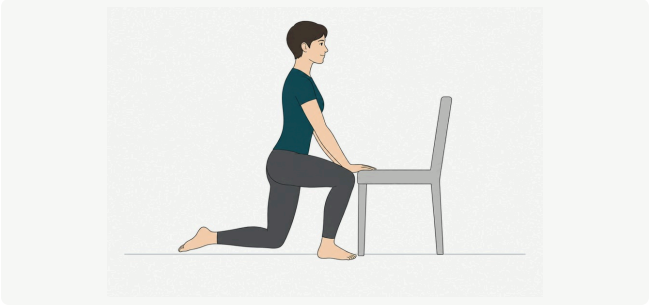
EVERYDAY FAMILY LIFTS

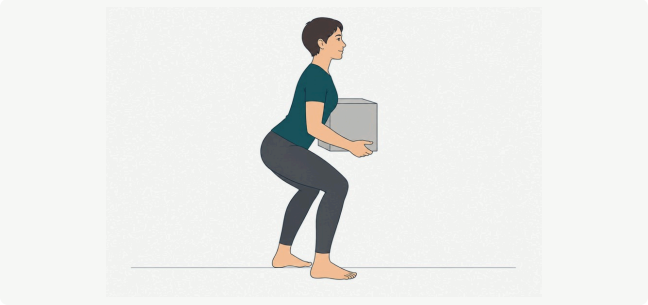
Getting up from the floor, and lifting little ones

Playing on the floor with grandkids is one of the best parts of life. Here is a calm, steady way to get back up, plus the lifts you do every day.

STOP RULE: READ FIRST

These are general, gentle movements, not a treatment plan for you. If Dr. Fair hasn't examined you, treat them as general education only; if you're a patient, follow what we've discussed. Keep every move small, slow and easy, skip anything you're unsure about, and stop if anything increases your symptoms. **Stop and call us at (209) 521-1122** if pain spreads or travels, numbness or tingling increases, you feel sharp or catching pain, or you notice new swelling or weakness.





FLOOR TO STANDING IN 5 STEPS

01 **Roll to your side,** then push up onto your hands and knees.

02 **Crawl to a sturdy chair** or couch and put both hands on the seat.

03 **Bring one foot forward** so you are half-kneeling, with that foot flat.

04 **Push through your front leg** and your hands to stand up slowly.

05 **Turn and sit** on the chair for a moment before you walk.

LIFTING KIDS, CAR SEATS AND GROCERIES

- **Get close first.** Bring the child or bag to you before you lift. Squat down with a long back, don't bend over at the waist.
- **Car seats:** put one foot in the car or stand right at the door. Don't lift and twist at arm's length. If you can, click the seat into a base instead of carrying it far.
- **Switch hips.** Carry a toddler on alternating sides, or use a carrier that spreads the weight.
- **Groceries:** two lighter bags, one in each hand, beat one heavy bag. Make an extra trip.
- **Helping a parent stand:** let them do as much as they can. Stand close, bend your knees, and never let them pull on your neck. Ask their doctor or therapist about a gait belt.

Get medical care right away if

- Someone has fallen and hit their head, or can't get up
- You feel sudden sharp back pain with numbness or leg weakness
- There is a new loss of bladder or bowel control
- A loved one is newly confused or can't bear weight

If you can't get up safely, stay put, stay warm, and call for help. A phone or medical alert you can reach from the floor is worth having.