

# FALL RECOVERY

NO. CHAPTER, AZ FALL PREVENTION COALITION



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## TECHNIQUES

- ▶ NON INJURY/NON FALL FLOOR TRANSFER
  - "Baby Crawl"- emphasizes upper body strength
  - Half Kneel- emphasized lower body strength
  - Squat- most difficult, rarely used in older adults

### USE OF FURNITURE TECHNIQUES

- Tipping point
- Hip Hike
- Step Hip Hike
  - Use of sofa cushion
- MacGyver (book tower, turned over table/chair)



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## RECOVERY EQUIPMENT

- ▶ ResQup \$350-\$400
- ▶ Paraladder \$950-\$1,000
- ▶ Inflatable lifts
  - Mangar Elk \$2,000-\$2,500
  - Manger Camel \$2,800-\$10,000
- Mechanical lifts \$1,200-5,000+
- Transfer vest by Smart Lift \$250-\$300



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