

Departments of  
OCCUPATIONAL THERAPY, PHYSIOTHERAPY AND  
REHABILITATION ALLIED HEALTH

Assisting Your Loved Ones in Functional Mobility:  
A Guide for Caregivers



# Foreword

Poor posture, improper lifting techniques, and strenuous exertions during mobility tasks will increase the risk of injury for both you and your loved ones.

This handbook serves as a guide to assist you in helping your loved ones to move safely, after you have completed practical caregiver training conducted by a Physiotherapist (PT) or Occupational Therapist (OT).

If you have any further questions, do not hesitate to speak to your loved one's PT or OT.

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# 1. Rolling In Bed



1. Stand with legs apart and knees bent. Keep your back straight.
2. Bend the patient's knee that is farthest from you and place the farthest arm across patient's body.



3. Put your hands on the patient's shoulder and hip that is farthest from you.



4. Roll patient towards you.

## 2. Side-Lying To Sitting



1. Stand with legs apart and knees bent. Keep your back straight.
2. Lower patient's legs over the edge of bed.



3. Put one hand on patient's shoulder with the neck resting on your forearm, and another hand on the hip.
4. Apply firm pressure through the hip while lifting patient to sitting position.



5. As you do so, move your body weight in the same direction of movement.

### 3. Scooting Forward In Sitting



1. Place one hand on the patient's shoulder and the other hand on the patient's buttock.
2. Lean the patient towards the side supported at the shoulder until the opposite buttock is off the seat.



3. Shift patient's buttock forward.



4. Switch sides to shift patient's other buttock forward until both feet are on the floor.



## 4. Scooting Backward In Sitting



1. Place your left hand on the patient's shoulder, and your right hand under patient's knee.
2. Lean patient towards the side supported at the shoulder until the opposite buttock is off the seat.



3. Lift thigh off the seat slightly and shift patient's buttock backwards using your body weight.



4. Switch sides to shift patient's other buttock backward until patient is seated comfortably onto the chair.

# 5. Preparation For Transfers

1. If using a commode or wheelchair, remove both footrests and the armrest that is closest to the bed.
2. Adjust the wheelchair/commode/chair at 30 degrees from the bed edge.
3. Apply the brakes on the wheelchair or commode.
4. If using a hospital bed, adjust the bed to the height of the chair/wheelchair/commode, and lower the bed rail.
5. Replace the armrests and footrests of the commode/wheelchair after the transfer.





# 6A. 1-man Transfer (Stand-Pivot Transfer Technique)



**OR**



\*Position chair on patient's stronger side

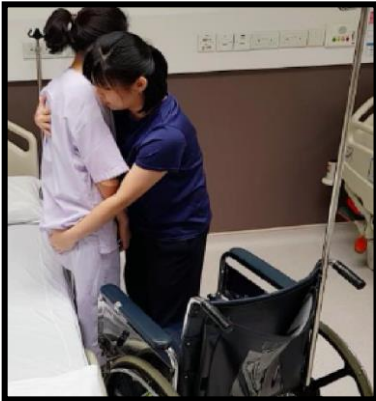
1. Keep your back straight while bending your knees.
2. Block the affected knee if patient's leg is unsteady.
3. Place one hand under patient's arm and hold onto shoulder blade, the other hand under patient's buttock.

**OR**

Place your arms under patient's arms and apply firm pressure on both sides of patient's rib cage using both forearms, clasp both hands behind patient's back.

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# 6A. 1-man Transfer (Stand-Pivot Transfer Technique)



4. Get patient to hold onto armrest if possible.
5. Assist patient to stand by straightening your knees.
6. Support patient while they stand.



7. Guide patient to take small steps towards chair.



8. Once the back of patient's legs are against chair, lower patient down to sitting position.
9. Scoot patient backwards in chair as needed.

## 6B. 1-man Transfer (Pivot Transfer Technique)



\*Position chair on patient's stronger side

1. Keep your back straight while bending your knees.
2. Block the affected knee if patient's leg is unsteady.
3. Place one hand under patient's arm and holding onto shoulder blade, the other hand under patient's buttock.

OR

Place your arms under patient's arms and apply firm pressure on both sides of patient's rib cage using both forearms, clasp both hands behind patient's back.



OR



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## 6B. 1-man Transfer (Pivot Transfer Technique)



4. Get patient to hold onto armrest if possible.

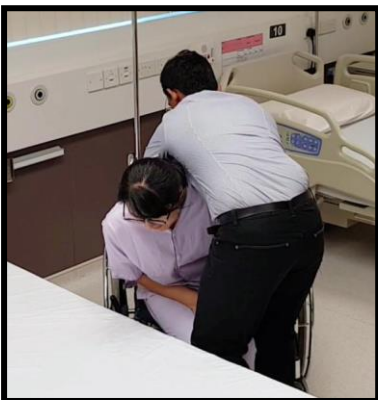
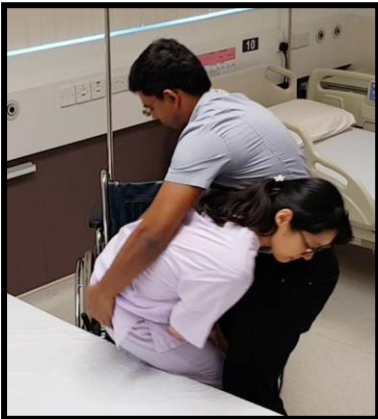


5. Lean patient forward and slowly pivot patient towards chair.



6. Lower patient down to chair.
7. Scoot backwards in chair as needed.

## 6C. 1-man Transfer (Bobath Transfer Technique)



\*Position chair on patient's stronger side

1. Keep your back straight while bending your knees.
2. Lean patient forward facing away from chair.
3. Place your arms over patient's shoulders.
4. Hold onto patient's buttocks with both hands.
5. Lean patient forward and slowly pivot patient towards chair.
6. Lower patient down to chair.
7. Scoot backwards in chair as needed.

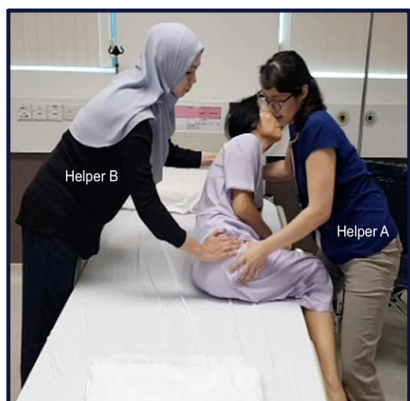
## 7A. 2-man Transfer (Pivot Transfer Technique)



1. Helper A stands between the bed and wheelchair while helper B stands on the other side of the bed.
2. Helper A helps to bend the knee of the patient that is closer to helper B.
3. Place the patient's further arm across his body.



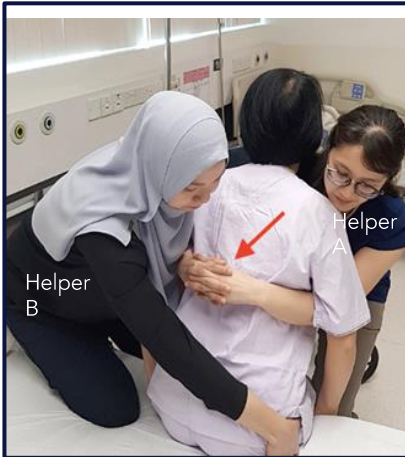
4. Helper A places one hand on the patient's shoulder blade and on the hip that is further away. Both helpers then turn the patient towards Helper A.
5. Helper A brings patient's legs over the edge of the bed.



6. Helper A puts one hand at the centre of the patient's upper back such that the patient's neck is resting on her forearm, while placing the other hand on the patient's hips.
7. Helper A applies firm pressure on the patient's hip while lifting the patient up into sitting position. Helper B assists with supporting the patient into sitting.



## 7A. 2-man Transfer (Pivot Transfer Technique)



**OR**



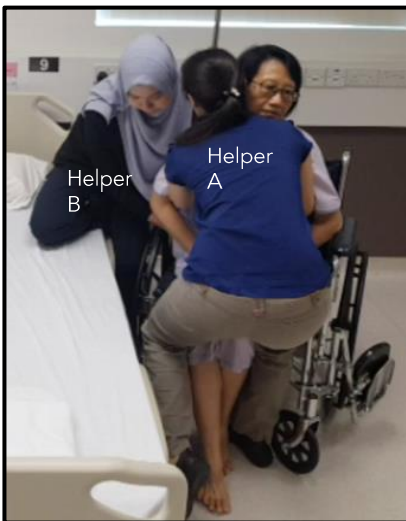
8. Helper A stands in front of patient while helper B stands in between the bed and chair/commode/wheelchair.
9. Helper A applies firm pressure on both sides of patient's rib cage using both forearms, and clasps both hands behind patient's back **OR** place both hands at the patient's upper back.
10. If the patient has a weaker leg, helper A may position the knee between their own legs with firm pressure applied inwards during the transfer.
11. Helper B will support patient's buttocks or hips by placing one leg on the bed while keeping his/her back straight.

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## 7A. 2-man Transfer (Pivot Transfer Technique)



12. Helper A leans the patient forward while counting to three, with helper B assisting to shift patient over to the chair/commode/wheelchair.



13. Lower the patient down onto the chair.
14. Both helpers to scoot the patient backwards into the chair.

## 7B. 2-man Transfer (Cross-Kerb Transfer)



**Helper A**



**Helper B**

1. Remove the armrest closer to the kerb, and both footrests of the wheelchair and commode.
2. Position the wheelchair in front of the kerb. Lock the brakes of the wheelchair.
3. Position the commode on the other side of the kerb at an angle of 30 degrees. Lock the brakes of the commode.
4. Stand in front of the patient and scoot the patient out of the wheelchair until both feet crosses the kerb and touches the floor.
5. Helper B stands between wheelchair and door.
6. While keeping the back straight by bending the knees, Helper A helps the patient to lean forward.
7. Apply firm pressure on both sides of patient's rib cage using both forearms, and clasps both hands behind patient's back **OR** place both hands at the patient's upper back. Lock the affected knee if the patient's limb is unsteady.
8. Place patient's hand on the handle of the commode if patient can support themselves.

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## 7B. 2-man Transfer (Cross-Kerb Transfer)



**Helper A**



**Helper B**

10. Helper B holds onto the patient's hips to assist and guide patient's buttocks to the commode seat once patient's buttocks clear the wheelchair.

11. Both helpers then scoot the patient backwards into the commode.
12. Replace the armrest and footrests of the commode to its original position.

## 8. Standing Up From Seated Position



1. Stand on patient's weaker side.
2. Ensure patient's feet are on the floor and placed behind knees.
3. Encourage patient to use armrest for support to stand if needed.



4. Place one hand in front of patient's shoulder and the other on the centre of patient's lower back.
5. On the count of three, ask patient to stand and apply slight support over back.



6. Steady patient while they stand.

## 9. Sitting Down



1. Upon approaching chair, check that the back of patient's legs are against chair.
2. Encourage patient to hold onto armrest for support.



3. Slowly lower patient down onto chair.



4. Encourage patient to scoot backwards into chair as needed.



# 10. Walking



1. Stand slightly behind patient and on their weaker side.
2. Place one hand in front of patient's trunk or shoulder.  
OR  
Hold onto patient's hand using a palm-to-palm grip.



3. Place other hand around patient's waist and onto hip/pelvis.



Hand in front of shoulder

Palm-to-palm

4. Walk at the same pace as patient.

# 11. Kerb Crossing



1. Stand slightly behind patient and on their weaker side.
2. Place one hand in front of patient's trunk or shoulder.  
OR  
Hold onto patient's hand using a palm-to-palm grip.
3. Place other hand around patient's waist and onto hip/pelvis.
4. Stop when close to kerb.
5. Place one of your legs across kerb.
6. Encourage patient to cross over with weaker leg first, followed by the other leg.
7. Once patient crosses kerb with both legs, follow and cross over with your trailing leg.

## 12. Going Up Stairs



1. Stand behind patient and on their weaker side.
2. Place one hand in front of patient's trunk or shoulder.



3. Place other hand around patient's waist and onto hip/pelvis.



4. Place one foot on the same step as patient.
5. Place your other foot one step lower.
6. Ensure that patient goes up each step first, followed by you.

# 13. Going Down Stairs



1. Stand in front of the patient and on their weaker side.
2. Place one hand in front of patient's trunk or shoulder.



3. Place other hand around patient's waist and onto hip/pelvis.



4. Place one foot on the same step as the patient.
5. Place your other foot one step lower.
6. Ensure that you go down each step first, followed by patient.

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