How To Get Up From A Fall With A Bad Knee

Remember To Stay Calm

Assess The Situation

Check Your Surroundings

Step-By-Step Guide To Get Up Safely

1 Assess Your Inital Position

You may be lying on your back or stomach. If you assess the position you are in right now, you can find your way to a safer position that does not strain your body.

2 Roll To A Supported Position

Try not to put any pressure on your injured knee or the leg. Rolling to your side is the first step to trying to get up safely. Make sure you have ensured there are no sharp or harmful on the side where you are rolling.

3 Move On All Fours

Use your arms and leg to help yourself. Keep the bad knee off the ground so no pressure is put on it. Such a position stabilizes you. Place your arms firmly on the ground. This creates a stable base before moving any further.

Alternative Methods If You Are Alone

Use Nearby Furniture To Push Yourself Up

Call Somebody To Help You Get Up

Source: https://www.lifeassure.com/blog/safety/keeping-safe-how-to-get-up-from-a-fall-with-a-bad-knee

Consider Getting A Medical Alert Device

Follow These 3 Simple Steps To Call For Help

1. Push Button For Help
2. Speak To An Operator
3. Help Is On The Way

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