

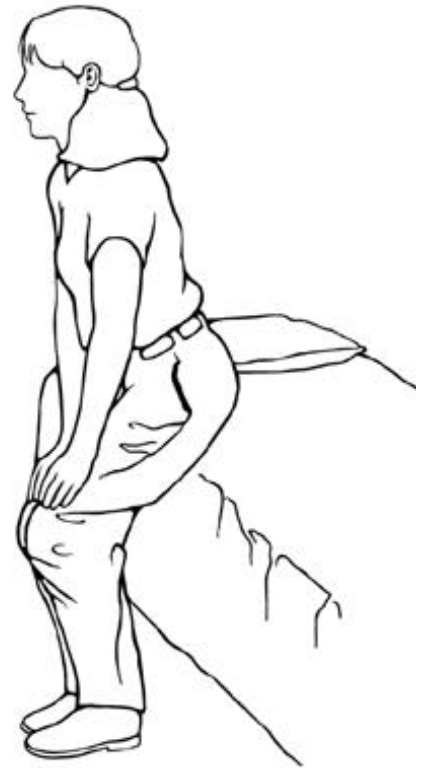
## Mobility

### Sitting to Standing

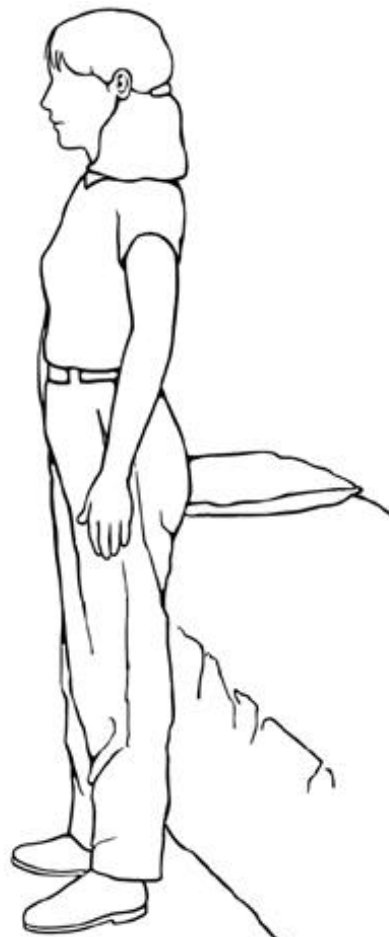
A.



B.



C.



A. Tighten your stomach muscles.  
Keep the normal curve in your back.

B. Slowly scoot to the edge of the chair/bed.

C. To stand, use your legs to push up.