

Getting Up From a Fall

After you fall, panic is often your first reaction. However, how you react after a fall can cause more injuries than the fall itself. If you try to get up too quickly or in the wrong position, you may make an injury worse.

Remember to take several deep breaths, assess the situation and determine if you are hurt. If you believe you are injured, do not attempt to get up. Instead, call 911 or get help from a family member. But if you feel strong enough to get up, follow these steps provided by the American Academy of Orthopaedic Surgeons.



Try to fall on your side or buttocks. Roll over naturally, turning your head in the direction of the roll.



If you can, crawl to strong, stable furniture like a chair, and pull yourself up. Approach the chair from the front and put both hands on the seat.



Slowly, begin to rise. Bend whichever knee is stronger, keep your other knee on the floor.



Slowly twist around and sit in the chair.

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