

# ICE Breaker

## FACILITATING SIT TO STAND



This ICE Breaker is designed to supplement your lab on mobility and transfer skills.



### Watch

Assign this video for students to watch before class or after class: **Sit to Stand: Maximum Assist.1**. In this 3-minute video, the clinician demonstrates specific handling methods used to help stroke survivors stand from a wheelchair with maximum assistance.



### Practice

Challenge students to practice sit to stand with patients, simulated patients, friends, or relatives. Have students determine the level of assistance provided and document patient interaction using SOAP note format.



### Discuss

Stimulate small or large group discussions with questions, such as:

1. What is the normal pattern of movement for sit to stand?
2. What are the three points of control when assisting the client in sit to stand?
3. How does the clinician protect himself/herself and the client during assist to stand?



### Supplement

Consider using [the corresponding ICE Lesson Plan](#) which includes learning objectives meeting ACOTE/CAPTE standards and specific creative learning activities.



### Watch more!

Watch more videos on this topic by searching the ICE Video Library for these titles.

- **Spinal Stenosis, 3 months Post Surgery: Sit to Stand**
- **Acute Care Part 4: Dizziness while Standing**
- **Ventilator Part 3: Sit to Stand at Edge of Bed**