

Squat Pivot Transfer

The Squat Pivot Transfer is an excellent way for your loved one to move from one seated position to another, such as moving from a bed to a chair or commode, or wheelchair into or out of a car. Be sure you have a solid understanding of the Good Body Mechanics concepts before attempting the following transfer. It's important to know both of your limits to prevent injury.

Encourage your loved one to do as much as possible. At each step, describe what you'll be doing and ask for assistance. Think in terms of working and moving together, and not trying to do all the work by yourself. There should be no lifting during a transfer. The movements called for require pulling and guiding only. Movements should be smooth and not jerky.

Positioning for Squat Pivot Transfer – The Set Up

Proper positioning is critical. Once your loved one is sitting up, place the chair as close to the bed as possible, trying to minimize height differences. If it's a wheelchair, move or remove the arm and lock the brakes. Make sure you and your loved one are wearing non-slip shoes or socks, or have bare feet. It's important that no one's feet slip.

- Have your loved one scoot to the edge of the bed or chair. You may need to help shift from side to side.



- Have them sit up tall, sticking their chest out if possible.
- Have them position the foot that will be moving farthest so that it's in front of the seated surface they're transferring to. This foot should be turned towards the final position (heel leads) as much as is comfortable. This will prevent turning pressure on the knee as your loved one pivots into the chair.



- Have them slide the other foot back as far as possible without the heel coming off the floor.
- With chest stuck out as much as possible, have them reach the arm that's closest to the "transfer to" surface to the far arm of that chair, or the flat surface if it's a bed or couch.
- Have them place the other hand on their knee or on the edge of the seated surface, to help when pushing up.

- From here, your loved one should be ready to pivot from one seated surface to another.
- If moving to or from a wheelchair, remove or swing the armrest out of the way. Lock all brakes or position the chair in a corner, against a wall, or between sturdy furniture so that it cannot tip over.

Squat Pivot Transfer with Assistance

If your loved one needs help, use a transfer belt placed snugly over their clothing. Remember, no lifting! Use good body mechanics to grab the belt underhand on either side. Keep your feet staggered, knees bent, and elbows straight. If you don't have a belt, support your loved one with open palms placed under the shoulder blades.

- Remind them to squat over their feet rather than stand up straight, with weight on the balls of the feet and knees bent if possible.
- Coordinate your effort. A simple "ready?" will help cue that it's time to move. Then pull your loved one forward by leaning back, guiding them to shift their weight off their bottom and onto their feet.





- Gently “swing” over to the chair so their feet pivot, but don’t otherwise move.

- Help them aim their bottom to the middle of the seat and as far back on the seat as possible.



- Once on the chair, check to make sure that they’re comfortable, then remove or loosen the belt and finish setting up or positioning the chair.

Squat Pivot Transfer with Supervision

If your loved one just needs supervision, help make sure they’re positioned properly and that the seated surfaces are secure. If you feel apprehensive, you can hover closely or assume a position to physically guard your loved one. Position yourself as you would to help pull or guide them without actually doing so. Just follow along in case your assistance is needed. You can be in a position to guide or back off as your instincts tell you.



- Remind them they're going to squat over their feet rather than stand, with weight on the balls of the feet and knees bent if possible.
- When ready, have them shift their weight off their bottom and onto their feet by leaning forward and pushing up just enough to move and gently swing over to the seated surface.

- Their feet will pivot, but should not need to move much otherwise. Encourage them to aim their bottom to the middle of the seat and as far back as possible.



- Once on the chair, check to make sure they're comfortable, and finish setting up or positioning the chair.