

Floor Rise Program



Where: Healthy Futures Hub, 2/151 East Road, Seaford VIC 3198

Cost: Free

Parking: Free and close to the building entrance

Format: Group exercise classes, led by Physiotherapy students supervised by qualified Physiotherapists.

Duration: 60 minutes

What to bring: A drink bottle, a small towel

Who can attend:

People who want to improve confidence and the ability to get down to and up from the floor, an important skill for mobility independence

To get involved or find out more, contact:

alliedhealthclinics@monash.edu or 9904 4415

Why you are invited

You are invited because you may benefit from improving your confidence and ability to get down to and up from the floor—an important skill for daily activities and fall recovery.

What does this program involve?

This program focuses on teaching safe, step-by-step strategies to maintain or improve your ability to get up and down off the floor (or ground) - known as 'floor transfers'. If you choose to take part, you will complete a brief assessment to help tailor activities to your comfort and mobility levels. You will attend small-group sessions led by physiotherapy students and their supervising physiotherapist, who will guide you through graded practice, strengthening exercises, and balance training. The team will also provide advice for practising at home if you wish.

Possible benefits

You may improve your strength and balance, and gain confidence getting up from the floor or ground.

Possible risks

Exercises will be supervised and adapted for safety. We do not anticipate significant risks. We have equipment that we can use to comfortably help you up off the floor if needed

Do I have to take part?

Participation is voluntary. You may stop attending the program at any time.

If you choose to participate

A member of the team will contact you to arrange an initial assessment and discuss your goals as well as answer any questions.

