

GET UP THE RIGHT WAY.

Stay Safe. Stay Strong.
Stay Independent.



Falls can happen, but knowing how to get up correctly can help prevent further injury and build your confidence.

Our physical therapists are here to teach you safe techniques and support your recovery every step of the way.



Stronger Today.
Safer Tomorrow.
Better Together.



Move Better.
Feel Better.
Live Better.



We're
help
independ
confi

Take the first step
towards a
healthier you. 



Schedule your
consultation today!

CONTACT US



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You've got
the strength.

WE'LL HELP YOU
FIND THE WAY.



SUPPORT

Compassionate care from
experienced professionals.



CONFIDENCE

Learn safe strategies to help
you move with confidence.



INDEPENDENCE

Stay active and independent
doing the things you love.

Small steps today.
Stronger tomorrow.
Better every day. 

HOW TO STAND UP CORRECTLY AFTER A FALL

Go at your own pace.
Move slowly and safely.



1 STAY CALM & CHECK YOURSELF

- Take a deep breath.
- Check for pain or injuries.
- If you are hurt, stay down and call for help.



2 ROLL ONTO YOUR SIDE

- Bend your knees.
- Roll onto your side using your arms to help.



3 PUSH UP TO HANDS AND KNEES

- Use your hands to push your upper body up.
- Tuck the knee that is on top underneath you.



4 BRING ONE FOOT FORWARD

- Bring one foot forward so it is flat on the floor.
- Keep the other knee on the ground.



5 PUSH UP TO STAND

- Place your hands on your front thigh or a stable surface.
- Push up through your front leg to stand.



6 TURN AND SIT

- Turn slowly toward a chair. Reach back and sit down.
- Rest and make sure you feel okay.



If you experience dizziness, severe pain, or are unable to get up, call for help.

PHYSICAL THERAPY CAN HELP YOU:



IMPROVE STRENGTH

Stronger muscles help you move better and reduce fall risk.



ENHANCE BALANCE

Better balance helps you stay steady on your feet.



INCREASE MOBILITY

Improved flexibility and movement help you do everyday activities with confidence.



PREVENT FUTURE FALLS

We identify risk factors and teach strategies to keep you safe.

YOU'RE NOT ALONE.

Our physical therapists are here to support you every step of the way.

*Let's get you back up—
stronger and more confident.*



MOVE BETTER. FEEL BETTER. LIVE BETTER.

WHY CHOOSE ACTIVE HEALTH PORTLAND?



EXPERIENCED TEAM

Our skilled and caring therapists are here for you.



PERSONALIZED CARE

We create treatment plans tailored to your goals.



LOCAL & TRUSTED

Proudly supporting the Portland community for over 25 years.



COMPLETE CARE

From prevention to recovery, we're with you every step.



*Every day is a new
opportunity to feel
stronger and live better.
You've got this!*

