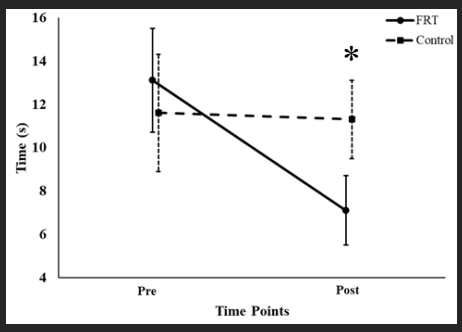
Get Up and Get Down: Practicing **getting up from the floor** improves **ability** and **confidence**.

Timed floor rise from lying



The Impact of Floor-Rise Training on Fear of Falling & Floor-Rise Ability in Older Adults Living in the Community.

Background: Many older adults **cannot get up from the floor** after a fall, leading to **dangerous long-lies** and greater use of **emergency services**.

Methods

Multi-Centre | Cluster RCT | Pilot Trial

- **Participants:** 49 older adults attending falls prevention classes
- **Intervention:** 5 x 20-minute group floor-rise practice using the **backwards-chaining method** (see right)
- **Control:** video demonstrations and group discussion
- **Outcomes:** measures of fear of falling and floor rise ability

Results

- **Ability to get up from the floor**: Intervention **77% → 100%**; Control **no change (63%)**
- **Faster floor-rise times**
- **Improved post-fall recovery confidence**
- **No change** in fear of falling or activity avoidance

Discussion

- This intervention **improved** older adults' **ability and confidence** to get up from the floor
- Integrating a brief floor-rise training intervention may **reduce long-lie consequences** and **emergency service use**
- **Future research** should investigate the effectiveness of this intervention in populations at **high risk of long-lies**

The Backwards-Chaining Method

Participant Characteristics

	FRT	Control
Sample size	22	27
Age (years)†	74.7 (5.1)	78.4 (5.7)
Male participants	5 (23%)	2 (7.4%)
Falls in previous year †	0 (0-3)	0 (0-3)
Diagnosed medical conditions†	2 (0-4)	2 (0-6)
Using walking aids indoors	0 (0 %)	1 (4%)
Using walking aids outdoors	3 (14%)	5 (19%)
Years attending Otago class†	3 (0-10)	2 (0-6)

Data presented as frequency (percentage) except † mean (sd) where indicated.

Mean Differences Post Intervention

Test	Post Mean Differences Mean (95% CI)	Difference Post Intervention Sig	Post Means Effect Size (η_p^2)
FES-I	-2.0 (-6.6, 2.6)	0.384	0.016
FoF VAS (indoor)	-7.5 (-22.4, 7.5)	0.320	0.021
FoF VAS (outdoor)	-15.4 (-32.4, 1.9)	0.076	0.065
Avoidance VAS	-7.7 (-23.7,8.3)	0.339	0.019
PAMF	2.5 (0.6, 4.3)	**0.011**	0.129
Kneel (seconds)	-2.0 (-2.7, -1.3)	**<0.001***	0.470
Sitting (seconds)	-4.0 (-6.3, -1.7)	**<0.001***	0.254
Supine (seconds)	-4.2 (-6.7, -1.8)	**0.002*†**	0.296

Abbreviations: FRT: floor-rise training; FES-I: falls efficacy scale - international, FoF: fear of falling; VAS: visual analogue scale; PAMF: perceived ability to manage falls; η_p^2: partial eta squared.

*Interaction based on log transformed data. †log transformation did not correct lack of equality of error variances. Sig = p value. n = sample size.

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