

Manual Transfer – Using a Swivel Disc

Instructions

The swivel disc can assist a patient who can **fully weight bear** on **one leg**, and is cooperative but cannot step effectively with the other leg.

Make sure the patient is wearing footwear with good grip.

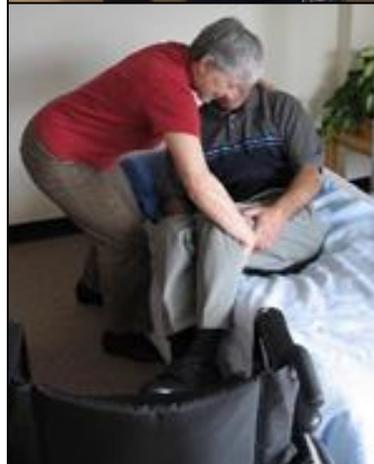
Place the disc on the floor under the 'bad' leg.

Assist the patient into standing and instruct him to step with the good leg towards the chair.

As the patient turns towards the chair, the swivel disc should swing his foot around allowing the patient to be well positioned in front of the chair before sitting down.

The swivel disc is also used to help rotate the trunk and pelvis when:

- Coming into a sitting position on the side of the bed
- Swinging legs into / out of a car



Safety Points

DO NOT put both of the patient's feet on the disc. The patient must be able to step with one leg.

Attempting to position the patient's foot/ leg with the caregiver's foot while stepping round to the chair is a high-risk task for the caregiver. It places the caregiver in a narrow base of support stance that may cause overbalancing. This method is often tried when the patient's ability has declined—either suddenly or over time. Contact the clinician or your supervisor for advice. A swivel disc may help in this case.

Attempting to sit the patient when he is not correctly positioned in front of the seat is a high-risk task. It forces the caregiver to overreach and often to support the weight of the patient as they sit down. This causes excessive load on the spine and shoulders of the caregiver. Instruct the patient to STOP—DO NOT SIT YET—STAND UP. Continue to help the patient turn and position him / herself in front of the chair before sitting.

The swivel disc can allow the patient to turn himself more easily—requiring less load on the caregiver and increased activity for the patient. Only provide the assistance that is needed. Allow the patient time to position their limbs and trunk as independently as possible.