Functional Transfers Decision Tree

START

Am I maintaining a neutral spine?

N → Get closer to the patient or adjust your BOS

Y → Did I lift my patient mostly using my arms or legs?

Legs

Arms → Get into a deeper squat and focus on lifting with your legs

Did I maintain some knee bend during that transfer?

N → Avoid locking your knees and adjust how high you raise yourself

Y → Did you pivot your feet to avoid loaded twisting?

N → Adjust your BOS to allow you to pivot

Y → Did you lower your patient using your legs?

N → Place the patient on the surface by lowering yourself into a squat

Y → Did you maintain a hand on your patient until they were stable on the new surface?

N → Maintain contact with your patient until you have adjusted them

Y → As the therapist, is my body intact?

N → Revisit your body mechanics

Y → **END**

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