



***molift***<sup>®</sup>

# Sit-to-stand aids

Ergonomic platforms for rising, turning and transfer support

# The transfer is part of the rehabilitation

In healthcare, community facilities and home care, patient handling transfers can be classified as “traditional” or “therapeutic.” Traditional transfers have a practical goal, e.g., transferring a user from bed to a wheelchair, and therapeutic transfers have more targeted goals such as facilitating and maintaining user function and independence. Why not take advantage of traditional transfers to maintain the physical ability of the user?

## Maintaining physical ability

A study by Arias-Fernández (2018) concludes that rehabilitation and early mobilisation have a significant, positive effect on functional capacity and muscle strength, an improvement in walking distance and better perception of the health-related quality of life.

A sit-to-stand transfer is an obvious opportunity for the user to keep his ability going, and the device supports a person centred approach, which improves dignity, and makes the person feel they are part of their care (Harrison, 2023).

Several studies endorse the use of modern patient handling technology as part of a comprehensive safe patient handling program to provide less loads on the carers, and sit-to-stand devices have shown to be the preferred device for rehabilitation and maintenance of the user (Tang, 2019).

Other than that, sit-to-stand devices present two interesting characteristics: they are among the less expensive and cumbersome assistive devices (Riccoboni, 2021).

## Reducing work-related injuries

Patient handling tasks present a great risk for carers to sustain work-related MSDs because carers are exposed to high mechanical loads on the spinal tissues, but when we succeed with improving the user's muscle strength, we may reduce the strain on the carer – both now and in the long run.

Strain will be less on the carer during the sit-to-stand transfer, because the user gets themselves up from the chair. And by prolonging this functional capacity we postpone the day when the user needs to lie down in bed to get dressed or needs a seated sling to be hoisted. Both tasks commonly increase the strain on the carer, since the user is more passive.

## Best practice

It is recommended, that caregivers should use a sit-to-stand device when helping a patient from one sitting position to another whenever it is possible. This halves the load in the lower back area compared to manual handling (Riccoboni, 2021).



# Navigating sit-to-stand aid options

Sit-to-stand devices are for users lacking the ability to stand up and transfer themselves to another sitting position, e.g. persons suffering from pain, reduced joint range of motion, stiffness, and muscle weakness (Edlich, 2003).

## Sit-to-stand aids

Etac offers various sit-to-stand solutions for different needs and care settings to enable safe, comfortable and dignified transfers for both the resident and the carer.

Etac Turner Pro, Molift Raiser Pro and Molift Transfer Pro are non-powered devices. Molift Quick Raiser 1, 2 and 205 are electrical sit-to-stand solutions. They all have the same user requirement; the user should be able to follow

instructions, grip and pull up their weight, maintain a good core stability and be able to bear weight on at least one leg.

A way to test the core stability and weight load capacity is to see if the user has the ability to sit on the edge of the bed and to stand with minimal assistance (Powell-Cope, 2018).



**Etac Turner Pro** is a standing and turning platform for turning a user from one sitting position to another. Excellent for confined spaces.



**Molift Raiser Pro** is a transfer platform allowing standing transfers over short distances. A strap is available as an accessory if the user needs extra assistance to get up and sit down.



**Molift Transfer Pro** is a transfer platform for seated transfers over longer distances. It has solid seat pads, ergonomic handles and a soft leg support for a comfortable transfer. A strap may be applied for assistance and extra safety for the user.



**Molift Quick Raiser 1, 2 and 205** are powered sit-to-stand transfer platforms always used in combination with a comfortable stand-up sling. An inclined column encourages a natural movement when the patient is raised.



# Molift Raiser Pro

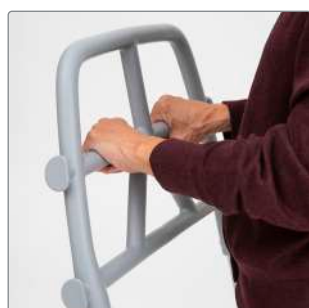
Molift Raiser Pro reduces the risk of injury to the user and the carer with its proactive, preventative ergonomic design. It is designed so that an active and safe transfer can be carried out easily and conveniently.

## Early mobilisation and rehabilitation

Molift Raiser Pro allows the user to use their own muscle power during a transfer. The natural movement pattern is stimulated and the ergonomic design makes the user feel safe during the transfer. Molift Raiser Pro helps the user to rehabilitate in all health environments during every transfer so that mobilisation can begin early, even in the intensive care unit.

The stability and manoeuvrability make Molift Raiser Pro ideal in confined spaces, such as toilets. The sit-to-stand aid ensures safe, active standing support during short transfers, such as between beds and wheelchairs/ shower chairs.

On the side of the handle are attachment points for for Molift Assist accessories.



### A versatile handle

The handle has a soft warm feel and is designed to provide optimal grip. The many grip possibilities offer both the user and carer a comfortable grip.



### Central brake

A central mechanism makes braking convenient for the carer. A one-foot touch on either side, gives auditive feedback when it's activated. Safe and efficient.



### One-hand adjustment

With a gentle one-hand grip, the leg support is easily adjusted. The leg support has soft and hygienic padding with lateral support and divided pads.



### Low step-on height

The base height is only 35 mm. To facilitate the placement of the feet, there are visible contours and an anti-slip feature on the stand surface.



Etac is a world-leading developer of innovative assistive devices and patient handling equipment. Since 1973, we have been committed to improving quality of life for the individual, family members and caregivers.

For the intended purpose of the products and latest information, please visit [www.etac.com](http://www.etac.com)

**Etac**

+46 371 587 330  
info@etac.se  
[www.etac.com](http://www.etac.com)

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