

Hand Support During Standing Check-In

Are you relying on your hands more than you used to? Use this worksheet to compare familiar seats and notice how much help your arms provide when you stand.

Use this as an observation tool, not a no-hands standing test. Use the support you normally need and notice how the movement feels during your usual day. Stop and seek appropriate medical advice for severe pain, dizziness, fainting, sudden weakness, or a major new change in your ability to stand.

Seat	No hands / light touch	Firm push	Pull on furniture?	More than before?	Harder when tired?
Dining chair					
Couch					
Favorite chair					
Bed					
Other: _____					

What do I notice most?

☐ Push harder with both hands ☐ Rock forward first ☐ Pull instead of push ☐ Avoid chairs without arms ☐ More difficult from low seats ☐ Worse when tired ☐ Pain or stiffness ☐ Other: _____

The seat where I need the most hand support:

The seat where I need the least:

Helpful reminder: The goal is not to eliminate hand support. Notice whether you are relying on your arms more than before and whether the chair itself is contributing.

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