FEBRUARY 2026

Tip of the Month

STAY IN THE LOOP WITH UPDATES AND ANNOUNCEMENTS!

AT A GLANCE

- This month's topic is **Shift & Lift!**
- Reach out to **Erika** for more information

Shift & Lift

Protect your skin while staying comfortable.

Living Independently means staying proactive about your health. While your lift chair is the best seat in the house, spending long periods in any chair can put your skin at risk for pressure sore or hotspots. Here are 3 simple things you can do to ensure the safety of your skin.

1. **The Hourly "Micro-Lift"**

Pressure sores start when blood flow is cut off from the skin. Even a small movement can wake up your circulation. Every hour, shift your weight a couple inches to help relieve pressure from your tailbone and give your skin a "breathing" break.

2. **The "Toes Over Nose" Reset**

Gravity can cause fluid to pool in your legs (edema), making the skin feel tight, fragile and prone to weeping or tearing. A few times a day, recline your chair until your feet are slightly higher than your heart. This will allow gravity to help your heart pump fluid out of your legs and reduce skin tension.

3. **The Daily 30-sec Skin Check**

Since we can't always feel a pressure spot forming, we have to look for them. Check these areas every night when getting ready for bed:

- The Tailbone: Look for redness that doesn't go away
- The Heels: Check for any soreness from resting on the footrest
- The Elbows: Look for "carpet burn" or friction redness from armrests

Reach Out to Erika!

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For questions, feedback, newsletter ideas or story contributions, email providenceplaceop@trinityrehab.net **and we'll be in touch.**