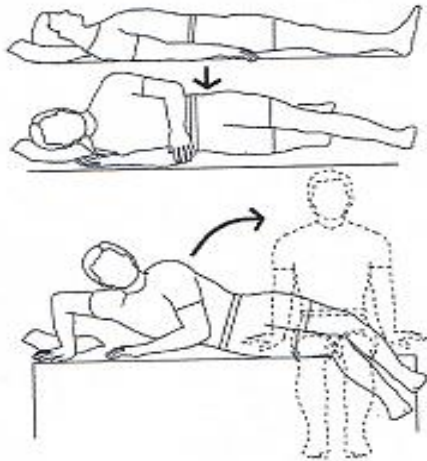




BED MOBILITY

Many back pains come from improper body mechanics during daily activities. If you currently have back pain, there are several ways of getting in and out of bed to decrease the discomfort while you are healing.

To move from lying on back, bend knees up and roll to your side. Slide legs off edge of bed with knees bent. Push up with your arms, using the legs as a counter weight and sit up.



To move from sitting to lying down, reverse the procedure. Begin sitting on bed. Lower yourself down on to your side, using your arms to help guide and control the movement. Once you are lying on your side, you may slide the legs up onto bed. To roll over on your back, keep knees bent and roll onto back.