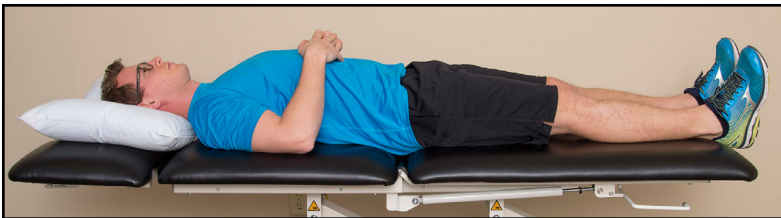


Bed Transfers

This will help you learn how to get in and out of bed to reduce back strain.



A



B



C



D

To Get Out of Bed

- Roll completely to your side. (B)
- Push yourself up on your elbow and then your arm. Let your legs fall over the side of the bed. (C)
- Scoot forward to the edge of the bed (D) and stand up.

To Lie Down in Bed

- Sit completely on the bed. Try not to sit on the edge of the bed. (D)
- Go down on your elbow and then your shoulder while keeping on your side. Bring your legs up on the bed. (C)
- Stay on your side (B) or roll on your back (A).