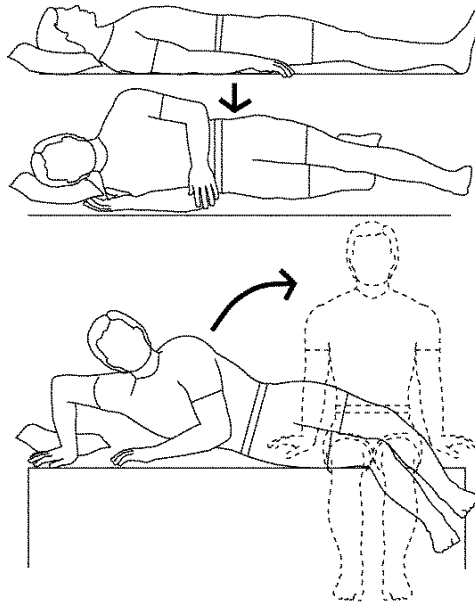




## Follow these steps to get in and out of bed easier

To move from lying on your back to sitting up:

- 1) Start by bending your knees and then roll onto your side.
- 2) Slide your legs off the edge of bed with knees bent.
- 3) Push up with your arms, using the legs as a counter weight and sit up.



To move from sitting to lying down:

- 1) Begin sitting on bed.
- 2) Turn your shoulders and knees towards the foot of the bed.
- 3) Lower your upper body down on to your side, using your arms to help guide and control the movement.
- 4) Once you are lying on your side, you may slide the legs up onto bed.

Have a question or want more information?  
Call (514) 949-6280 or email [info@physioenroute.com](mailto:info@physioenroute.com)

514-949-6280 • [info@physioenroute.com](mailto:info@physioenroute.com) • [www.physioenroute.com](http://www.physioenroute.com)

Soins à domicile • Orthopédie • Gériatrie • Anciens Combattants  
Home Care • Orthopedics • Seniors • Veterans