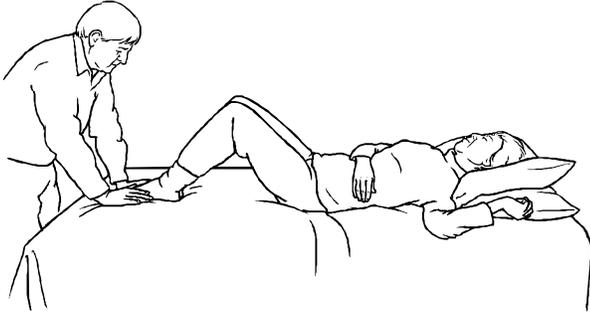
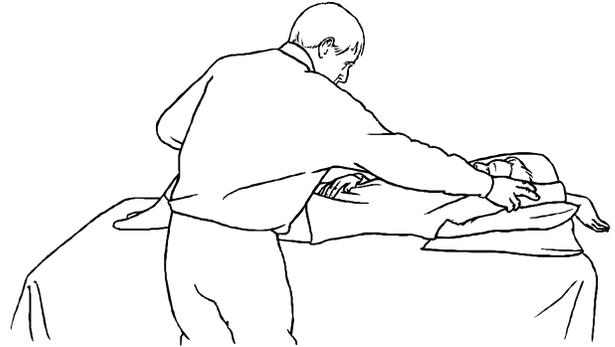




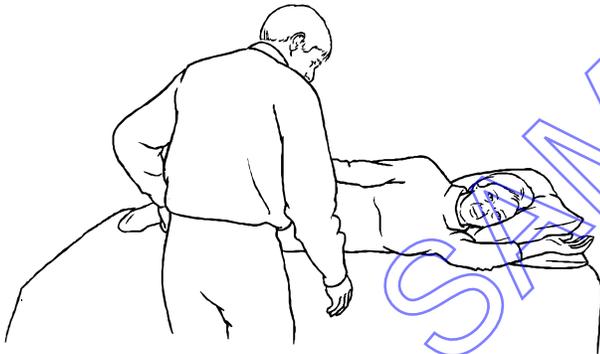
BED MOBILITY: BASICS 1 – HOW TO GET UP FROM A LYING POSITION (Assisted as Necessary)



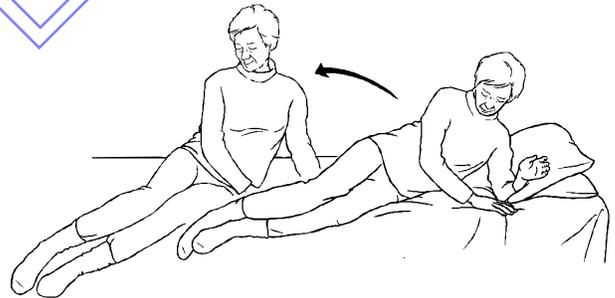
A. Bend knees until feet are flat.
Helper may need to assist.



B. Lift arm closest to the side of the bed over head.
Assist as needed.



C. Roll onto side.
Assist as needed. Remind person to tighten buttocks and squeeze abdomen while rolling over.



D. Push with arms and let legs hang over side of the bed until feet are flat on floor. Tighten buttocks and squeeze abdomen.
Helper can bring legs down and place hand under the shoulder to help person lift up from the trunk.



E. Sit and balance yourself. Relax buttocks and abdomen.
Helper should place both hands on shoulders until the person is stable. If unstable, DO NOT let go.

ADDITIONAL COMMENTS: