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TAKING CARE OF YOUR BACK AS YOU MOVE IN BED

- ◆ Rolling from your back to your side
 - Bend both legs and place both feet flat on the bed.
 - Keeping your legs bent and knees together, roll your body to the side. Roll your whole body at one time - DO NOT TWIST AT YOUR WAIST. Keep stomach muscles "sucked in" as you roll.

- ◆ Sitting up on side of bed
 - Always start from lying on your side.
 - Keeping your legs bent, knees together, and stomach muscles "sucked in"; bring your legs off the side of the bed as you push with your arms against the mattress to sit up onto the side of the bed.
 - Before standing up from the bed, wait a few seconds to make sure you don't feel light-headed.

- ◆ Going from sitting to lying on your side
 - Lie down toward your side as you lift your legs up onto the bed keeping knees bent and together. Keep your stomach muscles "sucked in" and DO NOT TWIST AT YOUR WAIST.

- ◆ Rolling from your side to your back
 - Keeping your legs bent, roll your body until you are on your back. Keep stomach muscles "sucked in" and DO NOT TWIST AT YOUR WAIST.

- ◆ Avoid rolling over onto your stomach as this increases strain on your back and promotes poor posture.