

# Step-by-Step: Using Log-Roll to Get into Bed (Hip Care)

Using Log-Roll to Get into Bed . Sit down onto your bed and place a pillow between your legs.

Make sure your injured leg and hip are on top of the pillow. Gently lie down on your side, keeping the pillow between your legs.

Place your hand onto the mattress and bend both of your legs. Slowly push down on the mattress and roll onto your back.

Gently lay your hands at your sides. Straighten your legs out.

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