

Step-by-Step: Using Log-Roll to Get Out of Bed (Hip Care)

Using Log-Roll to Get Out of Bed . Lying flat on your back, place a pillow between your legs. Bend your knees so your feet are flat on top of your bed.

Cross both arms over your chest. Roll onto your side, making sure your uninjured leg or hip is on the bottom.

Place one hand on the mattress and straighten your legs with your feet near the edge of the mattress.

Gently push yourself up using the hand on the bed. Swing your legs over the side of the bed. Sit up straight.

The contents of this video/website are for information purposes only. Nothing contained in this video/website is intended to substitute for medical advice, diagnosis, or treatment. If you have any healthcare related concerns or questions, you should seek the advice of your physician or other qualified healthcare providers. You should never disregard or discount the importance of professional medical advice because of something you have read or seen on this video/website. You should never delay seeking treatment or advice for a medical condition because of something you have read or seen on this video/website.