

Back Pain: Getting In and Out of Bed

To get into bed when your back is aching:

One: Stand with the back of your legs touching the bed.

Two: Keep your back straight while you bend your knees to sit down.

Three:each your hands back toward the bed to help you lower yourself down.

Four: While keeping your back straight, now tilt sideways toward the bed.

Five: Use your arms to slowly lower your upper body as you bring your legs up.

Six: If you sleep on your side, put a pillow between your knees to help keep your back straight.

Seven: If you sleep on your back... put a pillow under your knees.

Eight: Now, to get out of bed, lie on your side with your knees bent at the edge of the bed.

Nine: Keep your back straight, and use your arms to push your upper body up as you slide your legs off the bed.

Ten: When you're in a sitting position, use your hands to push yourself up off the bed.