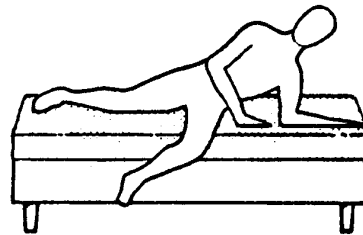




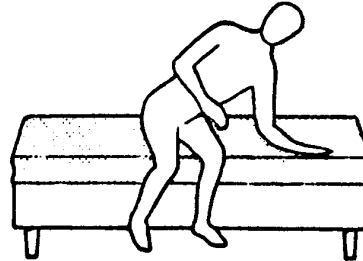
Advice Sheet AS2: Getting out of Bed

Getting up from the bed with acute back pain can be difficult. Follow the suggested stages for rising from the bed:

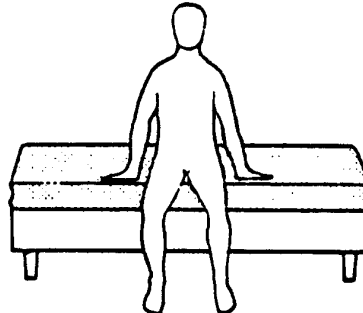
1. Roll onto the pain-free side with both legs towards the edge of the bed, raise onto one elbow.



2. Push up with your arms to get to the sitting position while dropping your legs over the side of the bed



3. Sit for a moment and try to sit as upright as possible.



4. Slide towards the edge of the bed. Place the feet firmly on the floor tucked in close to the bed, brace the back, edge well forwards and straighten the knees to stand.

