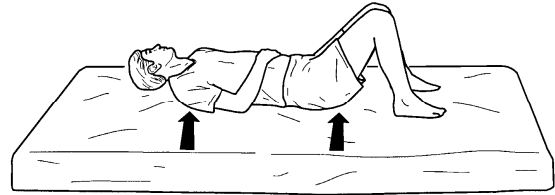


# Log Rolling

## Steps

1. Move to one side of the bed by:

- ▶ Using your arms and legs to move your hips over, **or**
- ▶ Having a caregiver pull the sheet under you over to one side.



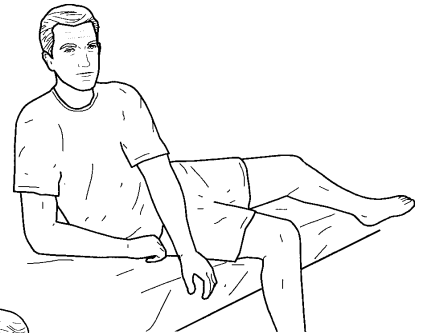
2. Roll to the opposite side of the bed almost onto your stomach

- ▶ Bend both legs by sliding your heels toward your buttocks
- ▶ Lower your knees and turn your hips and shoulders. **Do not twist! Roll like a log.**



3. Getting out of bed

Log roll onto your side. Drop your legs over the side of the bed and push yourself up to a sitting position.



4. Getting into bed

Sit on the side of the bed and lean down on your elbow and forearm. Lift your legs up onto the bed, staying in the side lying position. Log roll from your side onto your back.



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