

Transfers: Supine to Sit

It is very important that you get up from a laying position properly so you protect your back and don't reinjure it. A safe way to do this is:

- Bend your knees, one at a time, placing your feet flat on the bed.
- Roll onto your side making sure that your knees, hips, and shoulders roll at the same time, like a barrel.
- Place your top hand on the bed. Inhale and allow your ankles and lower legs to lower off the table (this will provide leverage as you push your body up with your arm). As you exhale, blow through your mouth; press your top hand into the bed, pushing yourself up to a seated position.
- Reverse the process to return to a lying down position.

NOTES: It is important to exhale as you are moving and roll your body as one unit, like a barrel.

