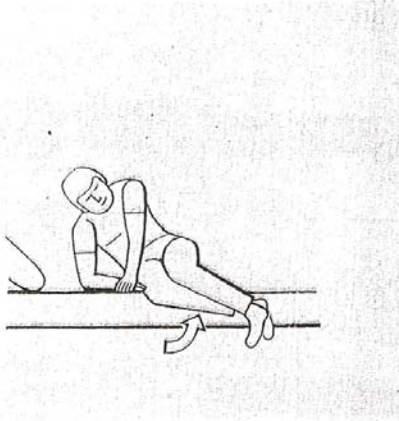


SITTING WITH LEGS OVER, TO LYING UNASSISTED

Side lying leg lift

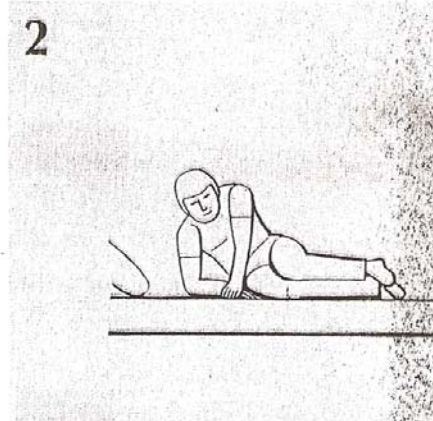
© Tony Pelosi and Margaret Gleeson T

1



Lean down onto right elbow and use right leg to help left leg onto bed.

2



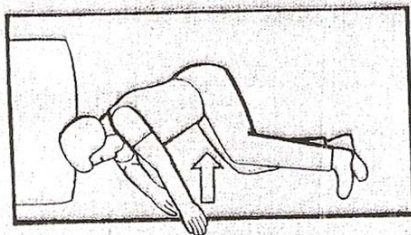
Lean on right foot and elbow to push buttocks back into middle of bed.

NOTE

- 1. Make sure you keep your head bent forward.
- 2. Movement should be led by the stronger side, with this example is the right side.



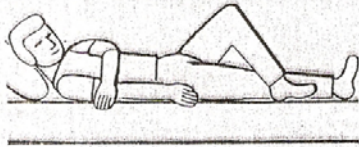
1a



Sideways push up

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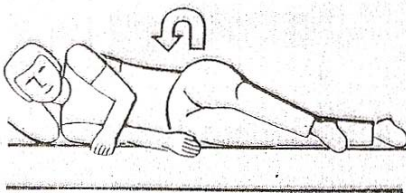
1



If on back, cross left leg over other leg, and left arm over body.



2

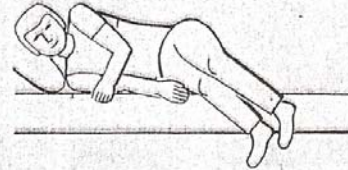


With left arm pull on edge of bed until you are on right side.

LYING TO SITTING WITH LEGS OVER

UNASSISTED

3



Bend knees up and put feet over edge of bed.



4



Push down into bed with left hand and with right elbow until sitting up.

NOTE

1. Make sure you keep your head bent forward all the time until you are sitting up.
2. Movement should be led by the stronger side, which in this example is the left side.