



ADL - LOG ROLL

GETTING IN BED:

Start by sitting on the edge of the bed.

Next, lower your self down lying on your side using your arms while lifting your legs at the same time.

Once fully on your side, roll onto your back.

When rolling be sure your knees stay bent and that you roll your whole body together as one unit.

Your shoulders, pelvis and knees all roll as one.

GETTING OUT OF BED:

Start by bending your knees and then roll onto your side

Reach your arm across your body to initiate the rolling.

When rolling, be sure that you roll your whole body together as one unit.

Your shoulders, pelvis and knees should all roll together.

Once on our side, tip yourself up to sitting using your arms.

POSITIONING - LYING ON YOUR BACK - PILLOWS UNDER KNEES AND ARMS

When lying on your back, place 1-2 pillows under yours knees and a pillow under each arm.



SIDELYING WITH PILLOWS SUPPORTING SHOULDER

When lying on your side, place a pillow under your forearm and a pillow under the side of your body as shown.



POSITIONING - LYING ON YOUR SIDE - PILLOW BETWEEN KNEES

When lying on your side, place a pillow between the knees.

