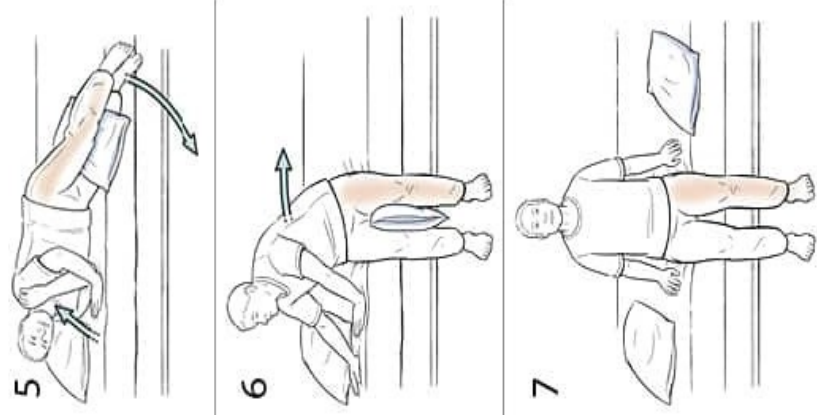
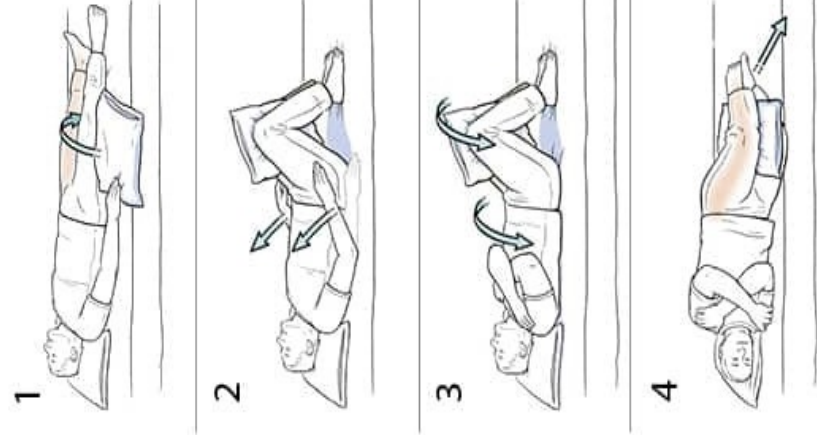
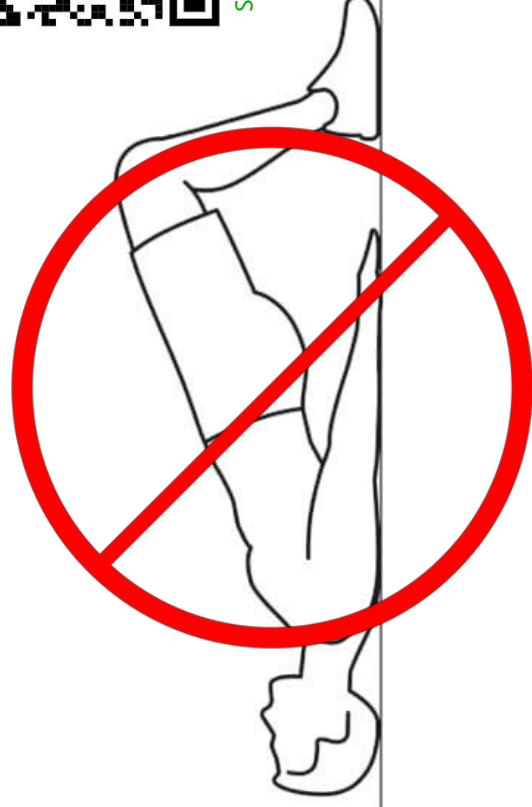


Log Rolling to a Sitting Position



1. While on your back.
2. Bend your knees.
3. Roll onto your side. Keep your shoulders and hips together.
4. Move your legs together towards the edge of the bed, without twisting your back.
5. Slowly raise your body as you lower your legs to the floor.
6. Move towards sitting upright with a straight spine and both feet on the ground.
7. Log rolling will maintain spinal precautions to help decrease pain and discomfort.



No Bridging



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HEALTHCARE

Spinal Precautions Video

Spinal Precautions



B

No Bending



L

No Lifting



T

No Twisting

