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Putting people's lives in motion

Bed Mobility

“How do you roll?”

- Refers to:
 - Rolling
 - Scooting
 - Turning
 - Reaching or Twisting
 - Lying down to sitting up
 - Sitting up to lying down
- Becoming injured, ill, or undergoing a surgical procedure may keep you from moving around like you normally would due to pain, weakness, or loss of motion.

Physical Therapy

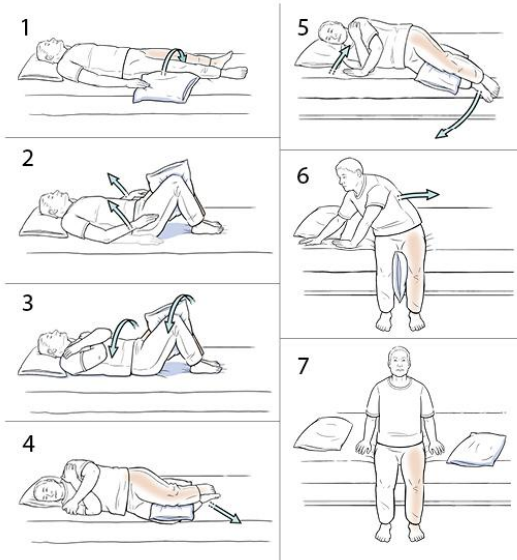
The PT will perform an initial evaluation to test strength, range of motion, and pain levels. The physical therapist will develop a plan of care and establish goals to assist you in:

- Improving range of motion and flexibility
- Increasing strength
- Decreasing pain
- Learning proper body mechanics, posture, and positioning techniques to help you improve your independence.



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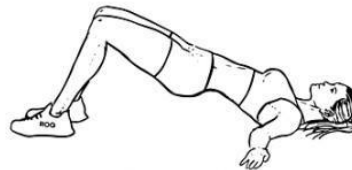
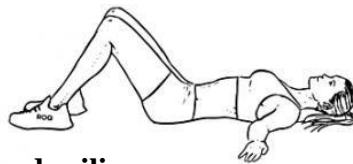
Log Rolling

- ✓ Place pillow between knees
- ✓ Bend knees & Cross your arms over chest
- ✓ Roll to the side in one motion
- ✓ Slide elbow underneath your shoulder/side
- ✓ Move legs off of the bed
- ✓ Use elbow and hand to push up

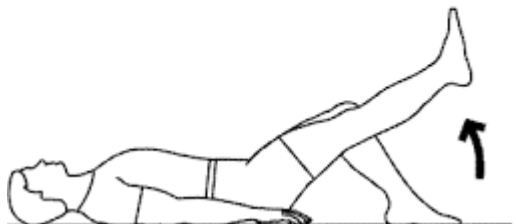
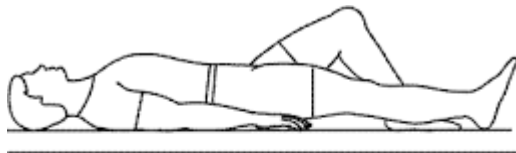
Photo Credit: <https://www.saintlukeskc.org/health-library/step-step-using-log-roll-get-out-bed-hip-care#>

Bridging

- ✓ Knees bent and feet planted
- ✓ Lift hips/bottom up toward ceiling
- ✓ Squeeze buttocks muscles
- ✓ Lower slowly



WorkoutLabs.com



Straight leg Raise

- ✓ Bend opposite leg and place foot flat on bed
- ✓ Flex toes back towards you
- ✓ Keep leg/knee straight
- ✓ Lift leg and lower *Slow and Controlled*

Photo Credit: http://www.infolbarrel.com/5_Steps_to_Lose_Your_Lower_Back_Pain



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Hip Adduction

- ✓ Bend knees up
- ✓ Place pillow between knees
- ✓ Squeeze pillow and release



Photo Credit: <http://www.easyvigour.net.nz/fitness/hpillowsqueez.htm>



Trunk rotation

- ✓ Lay on your back, hands out to your side
- ✓ Bend knees and plant feet on bed
- ✓ Allow knees to roll to one side
- ✓ Slowly move knees to center and roll to the opposite side
- ✓ Maintain shoulders and hands flat the entire time

Photo Credit: <https://breezymama.com/2011/01/06/postpartum-exercises-c-section/>

Glute squeezes

- ✓ Squeeze butt muscles
- ✓ Hold 3 – 5 seconds
- ✓ Relax and repeat

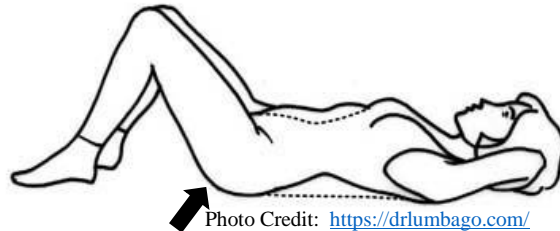


Photo Credit: <https://drlumbago.com/>

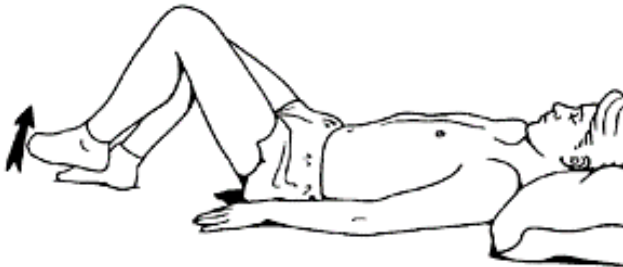


Photo Credit: <https://www.pinterest.com/pin/342484746639362107/>

Marching

- ✓ Bend knees and plant feet on bed
- ✓ Lift one knee towards chest
- ✓ Squeeze your stomach muscles as you lift your leg
- ✓ Return foot to bed
- ✓ Repeat, alternating sides