

Bed Transfer Using Leg Lifter

Lying down:

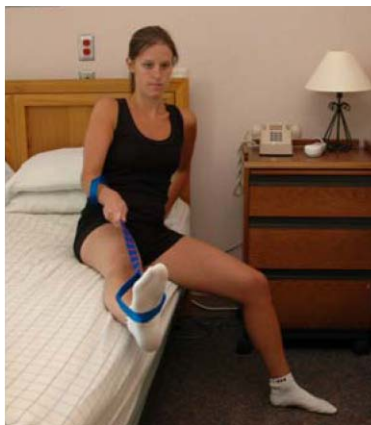
1. Sitting at the edge of the bed, loop the leg lifter around the foot of your surgical leg.

Remember hip precautions: Do not bend forward past 90 degrees.



2. Use one arm to support yourself on the bed and one arm to put tension on the leg lifter. Lean back slightly and swing surgical leg up onto the bed.

Remember hip precautions: Do not bend forward past 90 degrees.



3. Using your elbows and forearms, lean back and slowly lower upper body down onto bed while lifting your non-surgical leg up onto the bed.



Continued

Sitting up:

1. Prop yourself up on forearms and loop leg lifter around foot of surgical leg.
2. Swing non-surgical leg off of the bed.
3. Using leg lifter, swing surgical leg off of the bed.
Remember hip precautions: Do not bring surgical leg across the midline of your body, and keep surgical leg in line with your hip.

