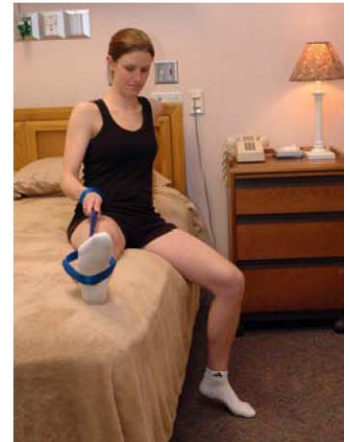


Bed Transfer Using a Leg Lifter with Anterior Lateral Hip Precautions

To lie down:

1. Sitting at the edge of the bed, loop the leg lifter around the foot of your surgical leg.
2. Use one arm to support yourself on the bed and one arm to put tension on the leg lifter. Lean back slightly, and carefully bring your surgical leg up onto the bed.
3. Using your elbows and forearms, lean back and slowly lower your upper body down onto the bed while lifting your non-surgical leg up onto the bed.



Continued

To sit up:

1. Prop yourself up on your forearms and loop the leg lifter around the foot of your surgical leg.



2. Lower the non-surgical leg off of the bed.



3. Using the leg lifter, carefully bring your surgical leg off of the bed.

Remember hip precautions:

Keep surgical leg in line with your hip.

