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PATIENT & CAREGIVER EDUCATION

# How to Get Out of Bed without Sitting

This video shows how to get in and out of bed without having to sit. Sitting can put unwanted pressure on your spine after certain types of colorectal and orthopedic surgery.

This video also:

- Shows how to point and flex your feet to help your blood flow.
- Shows ways to use your arms and a bed railing to turn on your side and move your legs.
- Shows ways to control dizziness.
- Describes when blood pressure should be checked.



Please visit [www.mskcc.org/pe/out\\_of\\_bed](http://www.mskcc.org/pe/out_of_bed) to watch this video.

If you have any questions, contact a member of your care team directly. If you're a patient at MSK and you need to reach a provider after 5 p.m., during the weekend, or on a holiday, call 212-639-2000.

For more resources, visit [www.mskcc.org/pe](http://www.mskcc.org/pe) to search our virtual library.

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