Memorial Sloan Kettering Cancer Center

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 to watch this video.

This video was published in June 2017. It was last reviewed for accuracy in September 2026.

If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.

How To Get Out of Bed without Sitting - Last updated on September 2, 2026

All rights owned and reserved by Memorial Sloan Kettering Cancer Center