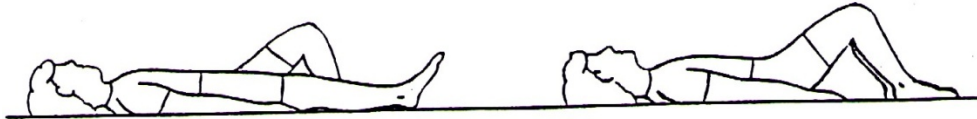


Coker Rehab Services

Log Rolling

1. Lying on your back, slowly bend your knees up one at a time.

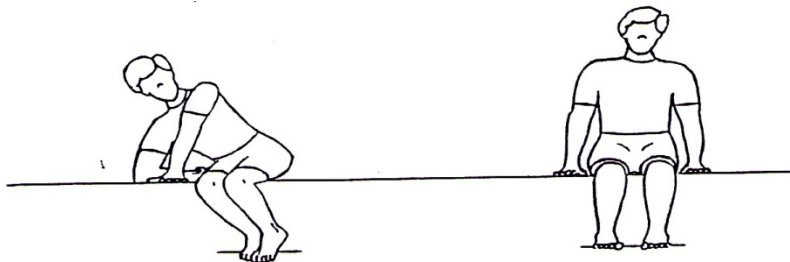


2. Move your body as one unit to roll onto your side.

Keep your knees bent and together as you roll.



3. Push up with your lower elbow and push down on your upper hand as you slowly lower your legs to the floor . . . moving as one unit.



- ❖ To get back in bed: Reverse the procedure making sure your body is moving as one unit and your knees are bent until you are flat on your back. Slowly lower your legs one at a time.