

Physiotherapy Advice Sheet: Changing Position in Bed

This advice sheet will cover movements related to repositioning or moving in bed. This sheet serves as advice following a physiotherapy assessment.

Moving up in bed

Assisted movement up the bed:

1. Adjust the bed to a good height.
2. Bend down from your knees and not from your back
3. Assist them in bending the knees
4. Hold ankles firmly to support the patient
5. Ask them to push up using their feet

Rolling on to your side

Supervised turning/rolling:

1. If you want to turn to the right start off by bending your left leg
2. Reach arm across to the direction your turning
3. Push with the outside foot (left leg)
4. Turn onto your side.

Turning with one carer: Stand on the side they are going to turn to

1. Ask them to turn head in direction of roll
2. Ask them to cross their arms
3. Ask them/assist to bend the outside knee
4. Place your hand on their **hip and shoulder** to assist them turning on to their side
5. Place **pillows** behind their back to maximise comfort and pressure relief



Supervised sitting in bed

1. Ask patient to raise head and use hands to come up into a sitting position in bed
2. Place hands in a closed fist behind hips

3. Bend the knees and dig heel to push up in bed
4. Lift and move you their bottom up the bed

Using a sliding sheet

Inserting the sheet:

1. You can place the sliding sheet under a bed sheet
2. Push slide sheet under client pushing down on the mattress while the patient is facing up **OR** turn the patient to one side and place the sliding sheet under them
3. The sheet should be in line with the patient's shoulders and hips, as shown in the photo.
4. Roll patient on to side and pull through the sliding sheet



Removing the sheet:

1. Tuck the sheet from one side
2. From the other side, pull sliding sheet diagonally (not to move the patient)
3. Remove sliding sheet and place ready for next use

Using a sliding sheet:

- Once the sliding sheet is in position, everyone should coordinate a sliding position towards the desired direction. Use your body weight and legs not your shoulders.

- The sheet should be held as close to the patient as possible
- Co-ordinate with the person helping you
- Ideally the sheet is used with 2 people
- The sheet can be used to move from side to side (*figure 1*) or up in bed (*figure 2*)

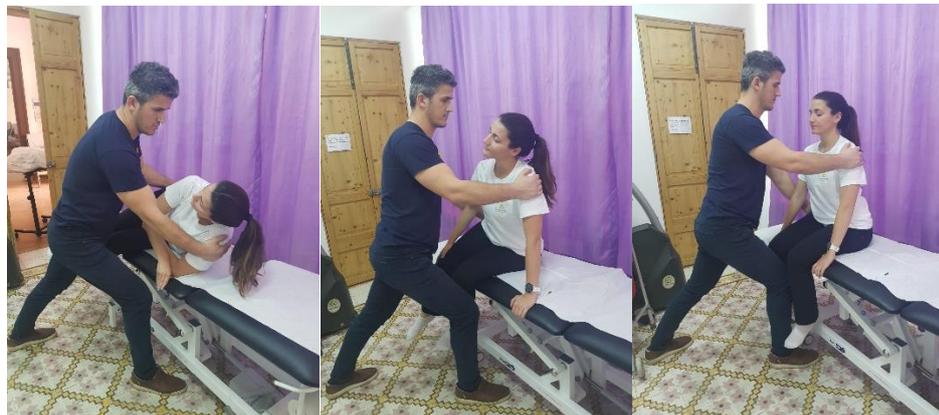


Figure 1



Figure 2

Sitting to the edge of the bed – help of one person



1. Assist patient to turn on their side.
2. Arms crossed, if they cannot help you.
3. Drop the legs gently over edge of bed
4. Assist the patient from the shoulder and hip to bring up into sitting.

Legs are lowered onto the floor as the patient is lifted into sitting.