

Greater Baltimore Center for Rehabilitation Medicine Acute Care Physical & Occupational Therapy

Spinal Precautions

Log rolling to a seated position in the bed.

Log rolling will maintain spinal precautions to decrease pain and discomfort.



Bend your knees while lying flat on your back.



Roll to your side while keeping your shoulders and hips aligned and without twisting your back.



Push up with your arms to slowly raise your body as you lower your legs to the floor.



Sit upright with a straight spine and both feet on the floor.

When moving from a seated to a lying-down position, replicate this process in reverse.

No Bridging

To prevent undue stress or strain on your spine, do not lift your hips off the bed while lying down.



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Spinal Precautions Video

NO BLT

B

No Bending



L

No Lifting



T

No Twisting

