PURPOSE:
To safely assist patients with rolling to the side in bed, moving to a sitting position at the side of the bed, and balancing on the side of the bed.

CONSIDERATIONS:
1. If the patient has an affected side, the arm should be well guarded to prevent injury.
2. Turning to the affected side is easier than turning to the unaffected side.
3. The patient should be encouraged to independently perform as much of the procedure as possible.
4. Turning always begins with the shoulder girdle then follows with the pelvic girdle.
5. The patient can grasp hands together or hug a pillow to support the affected arm.

PROCEDURE FOR ROLL TO SIDE:
1. Instruct the patient to grasp hands together and bend the opposite knee.
2. Patient flexes head and neck towards the side to which they are rolling.
3. Patient rolls the opposite shoulder towards the side to which they are rolling.
4. Patient rotates the trunk towards the side to which they are rolling.
5. Patient drops the bent knee inward and rotates the opposite hip towards the side to which they are rolling.
6. Use a draw sheet to assist the patient in rolling if needed.

PROCEDURE FOR COME TO SIT:
1. Place a gait belt on the patient.
2. Using the roll to side procedure, the patient rolls towards the side of bed to which they are going to sit.
3. The patient scoots to the edge of the bed or is assisted with a draw sheet to the edge of the bed.
4. The patient grasps the edge of the bed with the top arm and pushes the trunk up while dropping the legs over the edge of the bed.
5. The patient shifts their weight to achieve erect posture.
6. While guarding the patient, the patient scoots forward to the edge of the bed until the feet are firmly on the floor.

PROCEDURE FOR SITTING BALANCE ON THE EDGE OF BED:
1. Place the feet side by side. One foot should not be in front of the other.
2. Align the patient’s weight so that it is distributed evenly on both hips.
3. Assist the patient to tilt their pelvis forward and sit erect.
4. Align the patient’s head and shoulders in midline.
5. Bring the hands into the lap in midline if the patient is able to sit without upper extremity support and on the sides of the bed if the patient requires support.

AFTER CARE
1. While the patient is in side lying position, ensure that the arm on which the patient is lying is not trapped under the patient’s body.
2. While the patient is in side lying, use pillows to support the upper arm and leg.
3. Document in the patient’s record the time of the change in position and position the assumed.
4. Inform the nurse of therapist of any adverse reactions or unusual pain.

REFERENCES: