

XX. Have Back Pain/Sciatica? How to Get Out of Bed Without Making It Worse

Your spine is very vulnerable in the mornings. Your discs have been imbibing fluid (taking in fluid) throughout the night. Therefore, you are generally taller in the morning. With the discs bloated with fluid you are more vulnerable to pain/injury. Your back is generally vulnerable for the first 1-2 hours after getting out of bed. Avoid pain maker positions during that time.

Many typically get out of bed in this manner.



Incorrect method for getting out of bed

Getting out of bed in this manner puts a lot of stress on your back. Note the incorrect “C” posture. Try these tips instead for avoiding back stress.

If you have pain rolling in bed, try the following:

1. Roll with your shoulders, abdomen, hips, and legs all as one unit (like a log).
2. Before you roll, tighten up your abdomen (press fingers in sides to feel) and arch your low back to a neutral position.
3. Maintain a tight abdomen throughout the roll. Roll to your side.



Correct method for getting out of bed



Tighten your abdominal muscles and then push your upper body up using your arm. Push up until you are resting on your elbow.



Then use both arms to push yourself up to a sitting position.

Once in a seated position go from sit to stand, making sure to keep your back straight. See the proper method for going from sit to stand and reverse.

To lie down in bed, you should reverse the process. Make certain you are tightening the abdomen while performing the steps to get into bed.

Why does your back hurt with rolling? It may be that your back is unstable. If so, you should avoid back cracking (manipulation) and begin strengthening your core as outlined in a future video.

Bob speaking: I had a brief episode of very severe back pain. I tried to lie down in bed using the rolling method and it was too painful. Luckily, Brad had shown me an alternative method a few days before. It worked like a charm. The following is that method.

Alternative way to get in/out of bed:

To get in bed, approach the bed from the side. Your body should be turned and facing the head of the bed. Place the hand of your arm closest to the bed on the bed to help control your balance. Tip your back forward while simultaneously lifting the leg closest to the bed (performing a golfer's lift). Your back should be kept straight the entire time. Slide your body onto bed and lift your remaining leg

onto the bed. Roll on to your back with all body parts moving as one (shoulders, chest, hips, and legs), like a log roll.

To get out of bed, roll on to your abdomen with all of your body parts moving as one (shoulders, chest, hips, and legs), like a log roll. If painful tighten your abdomen first and during the roll. Slide over to the edge of the bed and lower one leg to the floor. Spin your entire body to allow the remaining leg to touch the floor. Use your arms to press your body up into a stand. Your back should be kept straight the entire time. Be sure to tighten your abdomen throughout this method in order to provide additional support for your back.

