

Aiding bed mobility for patients with Parkinson's Disease

Getting in and out of bed is a common problem experienced by people with Parkinson's Disease.

Part of the reason you may struggle to get in and out of bed is due to your automatic movements being affected. The instruction to roll over/get up is not enough as it does not include specific instructions. This is why splitting it into sections, shown below, and doing it step-by-step can help you to get out bed.

To get out of bed:

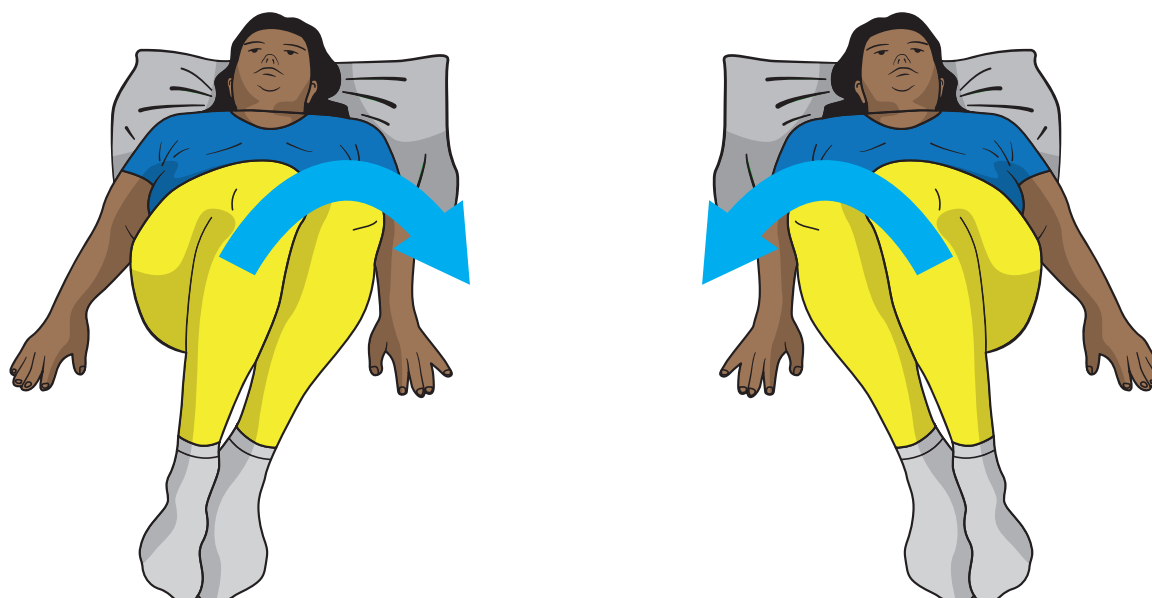
1. Roll onto your side by dropping your knees over to the side first and reach across with your hand for the edge of the bed
2. Bring your feet over the edge of the bed
3. Push yourself up onto your elbows and raise yourself into sitting

The following exercises can help you improve your ability to get out of bed.

Knee rolls

Lie on your back with your knees bent and your feet flat on the bed. Slowly roll your knees from side-to-side, keeping your shoulders on the bed.

Repeat this exercise 10 times to each side.



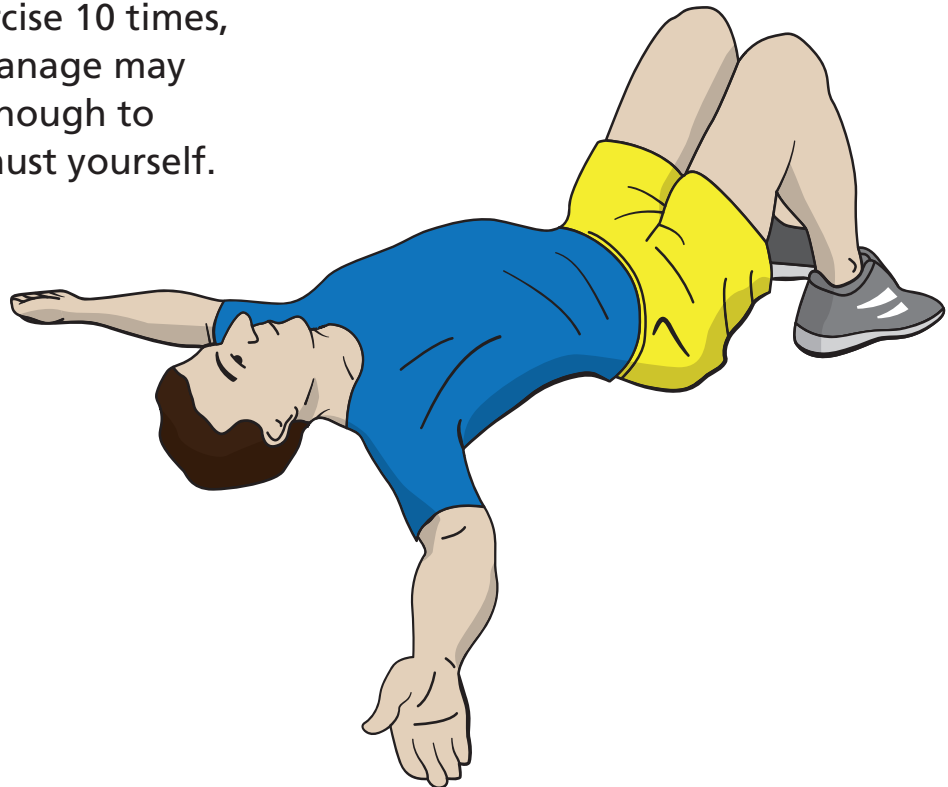
Arm Openings

Lie on your back with your knees bent and your feet flat on the bed.

Take your arms out to the side, try and rest them down on the bed.

1. Rest in this position to feel the stretch.
2. Bring both arms up in front of you, clapping your hands together.
3. Leave one arm out to the side; bring your other arm over, reaching towards your hand to try clap. You may find after practicing more you are closer to your hands touching.

Aim to repeat this exercise 10 times, the number you can manage may vary, you want to do enough to loosen up but not exhaust yourself.



Accessible Information

If you need this information in another format or language, please ask a member of staff.

Smoking

Bradford Teaching Hospitals NHS Foundation Trust is a smoke-free organisation. You are not permitted to smoke or use e-cigarettes in any of the hospital buildings or grounds.