Getting up from a Lying Down Position

1. Roll from your back onto one side.
2. Pull your knees up towards your upper torso.
3. Push up using your bottom arm and raise your upper body slowly.
4. Using both arms, swing your legs off the bed/couch to slowly stand.

Lifting

1. Lower yourself onto one knee.
2. Keep the other leg bent and slightly off to the side for added support.
3. Slowly raise up, keeping your back straight, holding the object close to your body.
4. Keeping your back straight, use your leg and gluteal muscles to straighten back up.

Reaching Down

1. Avoid bending over at the waist!
2. Bend your knees, keeping them apart for stability, and lower yourself into a squatting position.
3. Keeping your back straight, use your leg and gluteal muscles to straighten back up.
4. If you feel unsteady, use an object or person to help support you.

Resting On Your Back

1. Lie on your back with your head supported by a pillow.
2. Place a pillow under the knees and a pillow wedge under the right hip, tilting your uterus to the left.
3. Place your arms on each side.
4. Keep in mind that lying on your back is not recommended in late pregnancy for long periods of time, due to increased pressure on the major blood supply, which decreases blood flow to the uterus. This is especially true in labor.

Side-Lying Position

1. Lie on either your right or left side
2. Extent your lower leg out straight.
3. Support the top leg on a pillow with the knee bent.
4. Support the upper arm with a pillow as well.