

Hints and Tips for using a leg lifter to lift your leg onto a bed

- > Height adjustable beds should be at the lowest setting so you can plant your feet flat on the floor.
- > If you can't lower your bed, sit at an angle to allow at least one foot to be planted flat on the floor.
- > If using the leg lifter causes or exacerbates any pain, seek medical advice.
- > Maintain an upright sitting position when using a leg lifter throughout the movement of lifting legs onto bed.