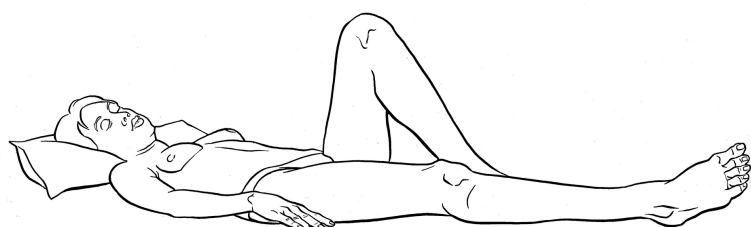


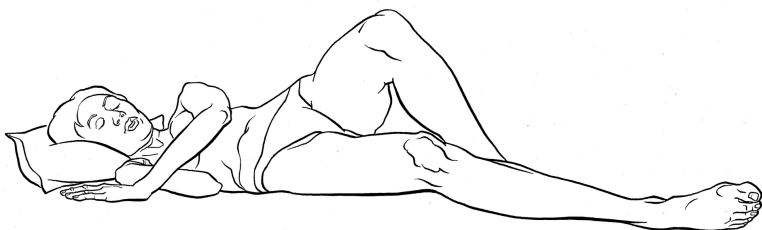
# ROST ROLL TECHNIQUE

Turning in bed with pelvic girdle pain



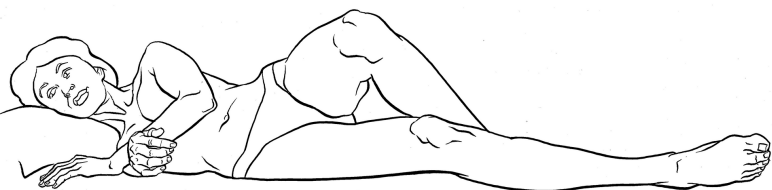
1

To turn to the left, lie on back, bend right knee with foot on bed, rest right arm across body and look to left



2

Press right foot into the bed and squeeze the buttock- this will support the right sacro-iliac joint as you turn



3

Use this buttock squeeze and pressure through foot to start and continue the roll, keeping your pelvis down on the bed as you roll



To turn from side to back, lift top knee up keeping foot on bed, roll to back keeping legs apart

**DON'T**

Use momentum to "fling" yourself over  
Lift buttocks up or lead with your knee  
Reach, pull or push with arms or do partial sit up to turn body