



Lots of people twist their backs getting up in the morning, simply because we are usually vulnerable to bend twist injuries after a night of sleep. The best way to get up in the morning is to roll out of bed. To do this, turn onto your side and push yourself up with your hands. As you pivot up, let your legs and feet swing out and down toward the floor. This method works great, especially if you have a sore back in the morning!

GETTING OUT OF BED