

Bed stick

What is a bed stick?

A bed stick is a powder-coated, steel tube frame that is anchored under a single mattress with a pole protruding up from the side.

What is a bed stick used for?

Bed sticks can make getting in and out of bed easier and assist you to move around while in bed.

Setting up the bed stick

To set up the bed stick please follow the steps below:

- Insert the two open ends of the bed stick underneath a single mattress
- When lying down the stick should line up between your shoulder and waist
- Push the stick in until it is resting against the side of the mattress.

The bed stick should look similar to the picture on this page when set up.



Precautions

Always make sure the pole is securely fitted under the mattress, the bed stick may not be suitable for use under a very thin mattress or sprung bed base as it may slide out of position. Ensure that the bed rail is easily reached when lying down.

This equipment is recommended based on your current needs. No responsibility is taken for improper/inappropriate use or maintenance of the equipment. Please contact occupational therapy if there are any concerns.

Getting out of bed using the bed stick

1. Lying down, reach over your body and hold onto the bed stick



2. Holding onto the pole, bend your knees up and roll onto your side



3. Using a pendulum action, lower your legs over the side of the bed and at the same time push your trunk upwards using the stick for support.



Getting onto the bed using the stick

1. To lie down, hold onto the bed stick
2. Use a pendulum action and raise your legs up towards the bed, at the same time lowering your trunk down towards the bed.



Occupational Therapist:

Notes:



This publication has been reviewed and approved by Townsville HHS consumers.



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