# Video HealthSheets™



#### How to Get Out of Bed with Back Pain

Follow the steps in this video when you need to get out of bed if you have back pain.

## To watch the video:

#### Scan the QR code

Using your mobile device, scan the following code:



## **OR**

Go to the website:

### www.kramesvideo.com

Enter the prescription code:

**B12** 

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