

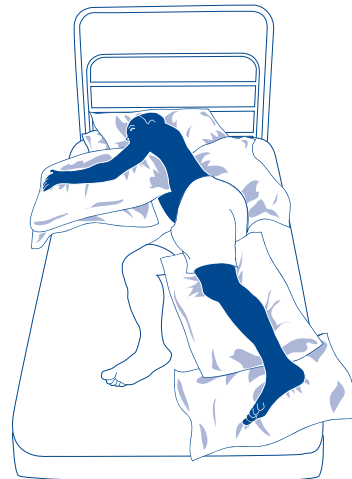
POSITIONING FOR PEOPLE AFFECTED BY STROKE

The careful positioning and placement of pillows can be used to achieve safe and comfortable postures. Affected stroke side is in blue. Pictures do not depict bed rails. These positioning suggestions apply after 72 hours of having a stroke.



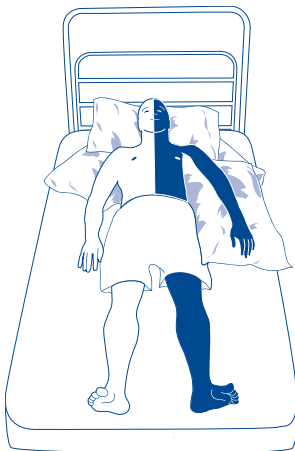
LYING ON AFFECTED SIDE

- One or two pillows for head
- Affected shoulder positioned comfortably
- Place unaffected leg forward on one or two pillows
- Place pillows in front and behind



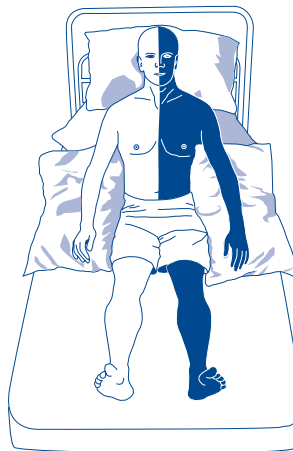
LYING ON UNAFFECTED SIDE

- One or two pillows for head
- Affected shoulder forward with arm supported on pillow
- Place affected leg backwards on one or two pillows
- Place a pillow behind



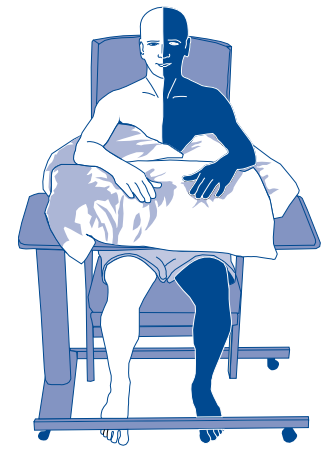
LYING ON BACK (if desired)

- Place three pillows supporting both shoulders and head
- Place affected arm on pillow
- Optional pillow beneath affected hip
- Ensure feet in neutral position



SITTING IN BED

- Sitting in bed is desirable for short periods only
- Sitting upright well supported by pillows
- Place both arms on pillows
- Legs supported for comfort



SITTING UP

- Sitting well back in the centre of chair or wheelchair
- Place arms well forward onto two pillows on table
- Feet flat on floor or footrests
- Knees directly above feet

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