

# Positioning for People Affected by Stroke

Careful positioning and placement of pillows can be used to achieve safe and comfortable postures. Pictures do not depict bed, bed rail, or other equipment variations. **Affected stroke side is in blue.**



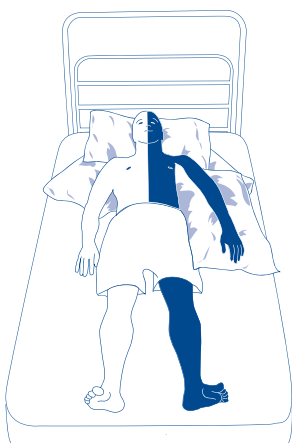
## Lying on affected side

- 1-2 pillows for head
- Affected shoulder positioned comfortably, fully supported, **not** trapped under patient
- Unaffected leg forward on 1 or 2 pillows
- Pillows in front and behind
- Bed may be tilted back by around 10 degrees



## Lying on unaffected side

- 1-2 pillows for head
- Affected shoulder forward, arm supported on pillow
- Affected leg backwards on 1 or 2 pillows, with foot well supported
- Pillow behind back
- Move regularly. Encourage hip and knee flexion



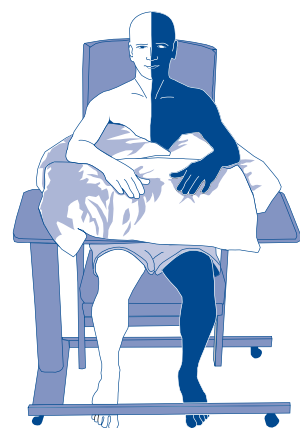
## Lying on back (if desired)

- 3 pillows supporting both shoulders and head
- Affected arm on pillow
- Optional pillow beneath affected hip
- Ensure feet are in neutral position



## Sitting in bed

- Sitting in bed is desirable for short periods only
- Sitting upright, well supported by pillows
- Both arms on pillows, with position frequently changed
- Legs supported for comfort



## Sitting up

- Sitting well back in the centre of chair or wheelchair
- Place arms well forward onto 2 pillows on table
- Feet flat on floor or footrests
- Knees directly above feet

**Patients with significant motor impairment should undergo postural stability assessment by a qualified person, especially prior to sitting out of bed. Careful positioning of patients wearing Intermittent Pneumatic Compression (IPC) sleeves should also be taken into consideration.**

CHSS takes no responsibility for the consequences of error, loss or damage suffered by users of information published on this chart.

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