

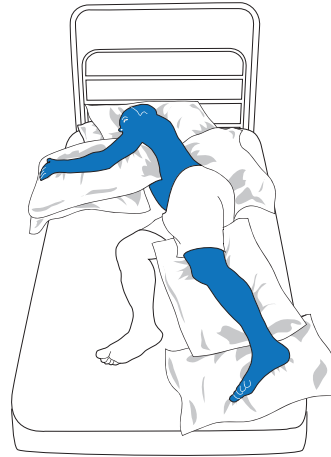
Positioning - Left Sided Weakness

Caution: DO NOT pull on affected arm.



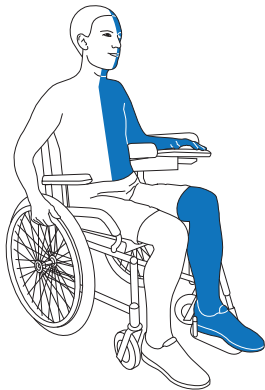
Lying on Affected Side

- One or two pillows for head.
- Affected shoulder blade brought forward so that it's not trapped under the trunk.
- Place affected leg straight so that it is in line with trunk.
- Place pillows behind trunk and under unaffected leg.



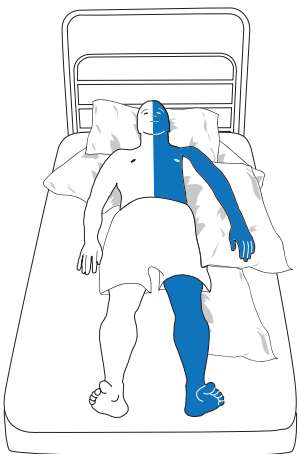
Lying on Unaffected Side

- One or two pillows for head.
- Affected arm supported on two pillows & shoulder blade brought forward.
- Place affected leg on one/two pillows so that leg is straight and in line with trunk.
- Place a pillow behind trunk.
- Bend unaffected hip and knee.



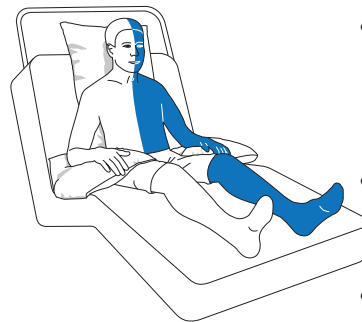
In Wheelchair

- Back fully supported in upright position.
- Shoulders level and head in midline.
- Feet flat on floor or footrests.
- Affected arm supported on lap tray.
- Fingers out straight and supported.



Lying on Back (if desired)

- Place a pillow under each shoulder and the head (three in total).
- Place affected arm on pillow.
- Ensure feet in neutral position. (Prop with pillow on the outside of leg if necessary.)



Sitting in Bed

- Sitting in bed is desirable for short periods only (less than 30 minutes) if eating/drinking in bed.
- Raise knee gatch 10-20 degrees before the head of bed is raised.
- Sitting upright well supported by pillows.
- Place both arms on pillows.

Adapted from Chest Heart & Stroke Scotland

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