



Info Sheet: Positioning in Bed

Introduction

- Proper bed and wheelchair positioning is important to:
 - Maintain joint alignment
 - Prevent skin issues
 - Prevent contractures
- Please check with your therapist and/or doctor to make sure these positions are safe for your loved one.
- Please use this handout to supplement your family training.

Resting on Back

- Use only one pillow under the head.
- Place a pillow under each arm as shown in photograph.
- Fold one or two pillows and place under lower legs so that heels are unsupported.
- Keep the feet from touching the footboard of the bed.



Resting on the Side

- This is an important position to stretch out the hips and lower back.
- Place 1 pillow in each of the following areas: under the head, under the stomach, under the thighs, and under the ankles.
- If your family member is unable to tolerate his/her head turned, place a pillow under the forehead.



Resting on the Side

- Support the head with a pillow.
- Place 1-2 pillows behind back for support.
- Place pillow lengthwise between legs.
- Place another pillow under bottom leg so that the foot is unsupported.
- Use pillow to support top arm.
- Hold the shoulder blade of the bottom arm.
- Slide it forward and out from underneath the person.
- Do not pull or jerk the arm.



Additional Comments:
