

## ❖ Bed Positioning in Sidelying on the Involved Side

For the most therapeutic value, position the patient on their weak side.

- Weight bearing on the weak side will help the patient become more aware of that side.
- Weight bearing also helps to “normalize” or regulate abnormal muscle tone.
- When positioned correctly on the weak side during the acute stage of recovery, abnormal postures typically seen in hemiplegic patients can be controlled or inhibited.

*The following guidelines may need to be modified if your patient has already developed tightness or contractures, or if medical conditions interfere.*

### Starting Position

Patient is positioned in sidelying on the involved side.

### Handling

1. Position the patient sidelying on the weak side with the back parallel with the edge of the bed (reducing trunk flexion). A pillow can be placed behind the patient to keep them from rolling supine.
2. The head should be well supported on a pillow large enough to take the weight off of the involved shoulder.
3. Bring the shoulder into full protraction. Be careful to have the patient lie on the scapula and do not allow the patient to lie on the humeral head. You will know when the shoulder is fully protracted if you feel the medial border of the scapula lying smoothly along the thoracic wall. If you feel the medial border of the scapula, correct it by carefully sliding your hand under the scapula and bringing the shoulder forward. Do not pull on the arm to bring it forward.
4. The shoulder should be in at least 90° of flexion in order to inhibit flexion synergy patterns.
5. The forearm is supinated and the elbow can either be in extension or flexion. (Patients with long arms will need to flex at the elbow if their hands come too close to the bedrails of the hospital bed.)
6. The weak leg is slightly flexed at the knee.
7. The sound leg is placed on a pillow, forward of the weak leg. For patients with wide hips, two pillows may be needed to support the leg in order to lessen the stress at the hip.



