

❖ Bed Positioning in Sidelying on the Non-involved Side

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 side-lying on the non-involved side.

Handling

1. Position the patient in side-lying on the sound 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.
3. Bring the weak arm forward into shoulder protraction and flexion and support the entire arm, hand and fingers on a pillow.
4. The non-involved arm can be positioned in any way that is comfortable for the patient.
5. The weak leg is slightly flexed at the hip and knee and supported on a pillow. Make sure the entire foot is supported and not in inversion.
6. The non-involved leg is placed on the bed in slight hip extension and knee flexion. Your patient may move this leg to any comfortable position.



Tips

Patients may complain of discomfort if they are lying directly on the trochanter. The discomfort will be relieved by allowing them to roll slightly forward or backward.

Variations

Patients with large hips and small waists may be more comfortable lying on a small roll at the waist, helping to lengthen the weak side. Also, supporting the lower extremity with two pillows instead of one may improve comfort.

⌘27 Pause and Practice with a Partner

Use 3 pillows to practice.

Notes
