

❖ Sitting to Sidelying Over the Involved Side

Starting Position

The patient is sitting at the side of the bed; the feet may or may not be supported.

Handling

1. Stand in front of the patient and place the patient's weak arm between your trunk and your arm, supporting them through the scapula.
2. Have the patient reach across their body with their sound arm to ease themselves down onto the bed.
3. While supporting the weight of their upper trunk through the scapula, make sure you stay directly in front of the patient. Stay in good alignment with them (not too far ahead or behind), so there isn't any unnecessary strain on their shoulder.
4. As the patient shifts their weight toward the weak side, have them bring the non-involved leg up onto the bed.
5. Assist the patient in bringing the weak leg onto the bed.
6. Gently lower the patient onto their weak side, keeping their arm forward and having them lay down on the scapula, not on the head of the humerus.
7. Once the patient is in sidelying, carefully roll into supine, making sure the arm is brought into a good position of alignment and not left in abduction.



Tips

Many patients are afraid to lay down over the weak side, especially if it is not done on a regular basis. To reduce fear, motion to their pillow (placed at the head of the bed, toward the weak side) and ask them if they would like to lay down to rest. This will help them to begin weight shifting and initiating movement toward the weak side.

