

LOW TECH SOLUTIONS FOR POSITIONING IN LYING

DAMAGING POSITIONS
These positions are damaging for the body.



- 1**
- Knees together/crossed (Adducted)
 - Difficult managing personal cares
 - Pressure on inside of knees



- 2**
- Spine twisted, legs windswept to side
 - Top hip at risk of dislocation
 - Multiple bony parts at risk of pressure

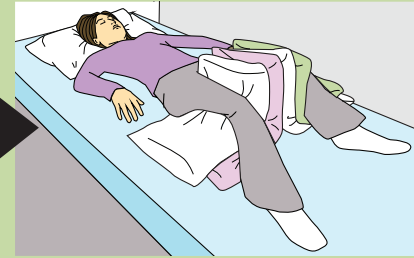


- 3**
- Knees apart (Abducted)
 - May need a wider wheelchair

SUPINE LYING
This is the best option to correct positions 1 and 2.



- Straighten spine, use pillows if necessary. (See bottom right)
- Place a pillow under each leg, pulling one end of each pillow up between the knees.



- If two pillows do not separate the legs sufficiently, an additional pillow can be used under each leg.

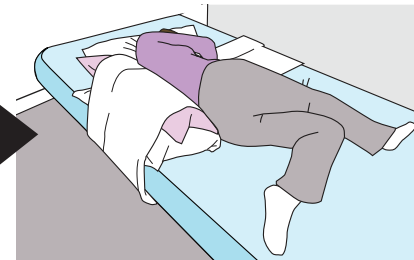


- If heels at risk of pressure, place additional pillow behind calves to lift heels, with the double benefit of lengthening hamstrings.

SIDE LYING
This is the option for positions 1 and 2 if supine is not an option.



- Fold sheet length wise then place across bed at back height.
- Roll onto side with spine and shoulders and pelvis straight.



- Push pillow/s behind back under sheet and tuck in tightly.



- Separate knees and ankles with pillow/s.
- The further the legs are separated the better it is for the top hip.

SUPINE LYING
This is an option for straightening the spine.



- If spine tends to twist place a sheet crosswise on the bed.
- Support with pillows either side and tuck sheet under mattress firmly.



- Fold sheet length wise then place across bed at knee to hip height.
- Place large pillows under the sheet either side of the legs.
- Tuck sheet in firmly to stop pillows moving.

WHY POSITIONING IN BED IS IMPORTANT FOR PEOPLE WITH NEUROLOGICAL IMPAIRMENT

Postural care is about protecting the body shape.

People who find it hard to move are at risk of developing distorted body shapes.

There is always the potential to improve posture. It's never too late to start.

Failure to protect postures can lead to hip dislocation, pain, joint contractures (joints that don't straighten) and pressure areas.

Some of the other things that people don't always relate to distorted postures are: difficulty breathing, poor digestion and pressure on internal organs.

Night time positioning offers long periods of stretch whilst the muscles are relaxed during sleep.

YOUR OWN LYING POSITIONING PLAN

Use this space to attach photographs and instructions demonstrating any specific supports that meet your needs.

A HANDY HINT

The points where you need to put your hands to correct the position are the points where the supports need to go.

Should your supports no longer be sufficient to keep you in a good position, a review or more specialised equipment may be necessary.

In this instance contact:

