Bed Positioning for Stroke Patients

A. Lying on your back or sitting
   • Place a pillow under your head.
   • Place a pillow under affected shoulder, elbow, forearm, wrist and hand.
   • Use foot splint to prevent heel cord tightening and skin breakdown.

B. Lying on unaffected side
   • Place a pillow under your head.
   • Ask someone to help you position yourself and the pillows.
   • Stack one or two pillows under affected arm so that the shoulder is slightly forward and hand is supported.
   • The affected leg is entirely supported by pillow(s), hip and knee are bent.
   • A pillow behind back can prevent rolling backward.

C. Lying on affected side
   • Place a pillow under your head.
   • Lie on affected side, then position affected shoulder forward, supporting entire arm on bed.
   • Affected leg should be straight, with knee slightly bent.
   • Place unaffected leg on a pillow for support.

D. Positions should be changed every 2 to 4 hours to prevent skin breakdown and improve comfort.