

POSITIONING GUIDELINES AFTER A STROKE



SEATED (CHAIR OR WHEELCHAIR)

- Good back support
- Firm sitting surface
- Feet flat on floor (or footrests)
- Arms on armrests
- Stroke-affected arm: pillow to elevate, bring the arm slightly forward and away from the body



LYING IN SUPINE (ON BACK)

- Pillow under the head and neck for support
- Elevate the head of the bed if trouble breathing
- Stroke affected arm: pillow under, elbow straight, palm face up
- Stroke affected leg: pillow tucked under the hip, keeps leg from turning out



LYING ON STROKE AFFECTED (WEAKER) SIDE

- Pillow under the head and neck for support
- Stroke affected arm: bring the shoulder and shoulder blade slightly forward, keep wrist and fingers extended
- Stroke affected leg: straight
- Strong leg: bent at hip/knee, full leg elevated on pillow(s) to keep hips in alignment



LYING C

- Pillow neck fl
- Pillow
- Stroke under shoul- slight wrist -
- Stroke under hips i- straight exten

Stroke A Guide For Patient And Family

Kip Burkman



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