

## Postural Management Plan: Sitting

Ensure that the patient has adequate support around the head/ neck. You may need to use an extra pillow.

Place pillows under the patients arm/ shoulder to help support in the chair.

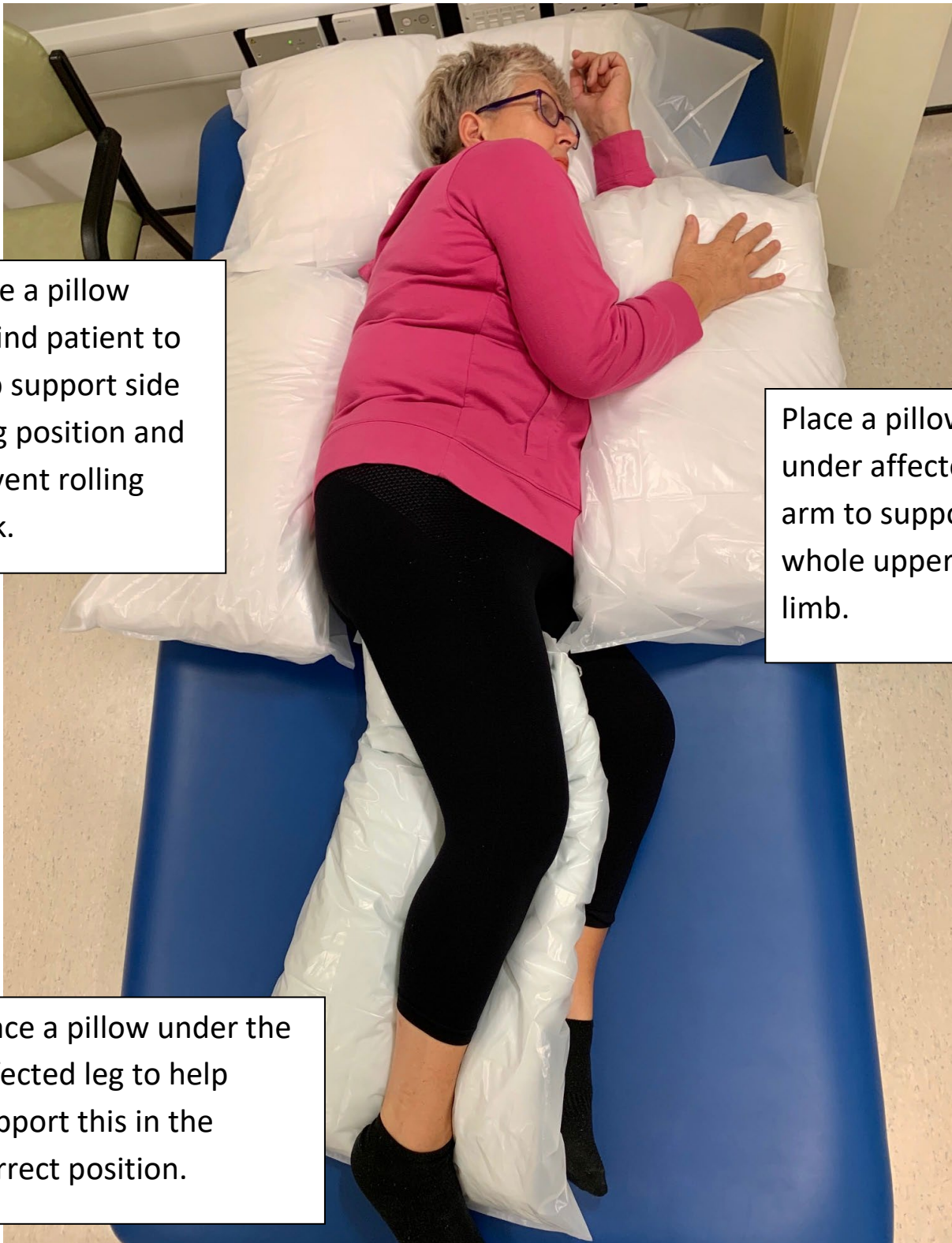


Ensure that the patient's bottom is right back in the chair to prevent them from slipping forward.

The patient may need a pillow in between the knees to keep them apart.

Ensure that feet are flat on the floor or supported on a foot rest.

## Postural Management Plan: Side lying on non affected side



Place a pillow behind patient to help support side lying position and prevent rolling back.

Place a pillow under affected arm to support whole upper limb.

Place a pillow under the affected leg to help support this in the correct position.



## Postural Management Plan: Side lying on affected side

Use 1 or 2 pillows to keep the head comfortable, ensure that the head is not being pushed up too high.

Place a pillow behind patient to help support them in side lying and prevent them from rolling back.



Ensure that the affected shoulder is brought forward slightly so it is not directly underneath the patient.

Place a pillow under the arm for comfort.

Place a pillow underneath the front leg.

## Postural Management Plan: Sitting in bed



Place pillows under the arms to help support upper limbs.

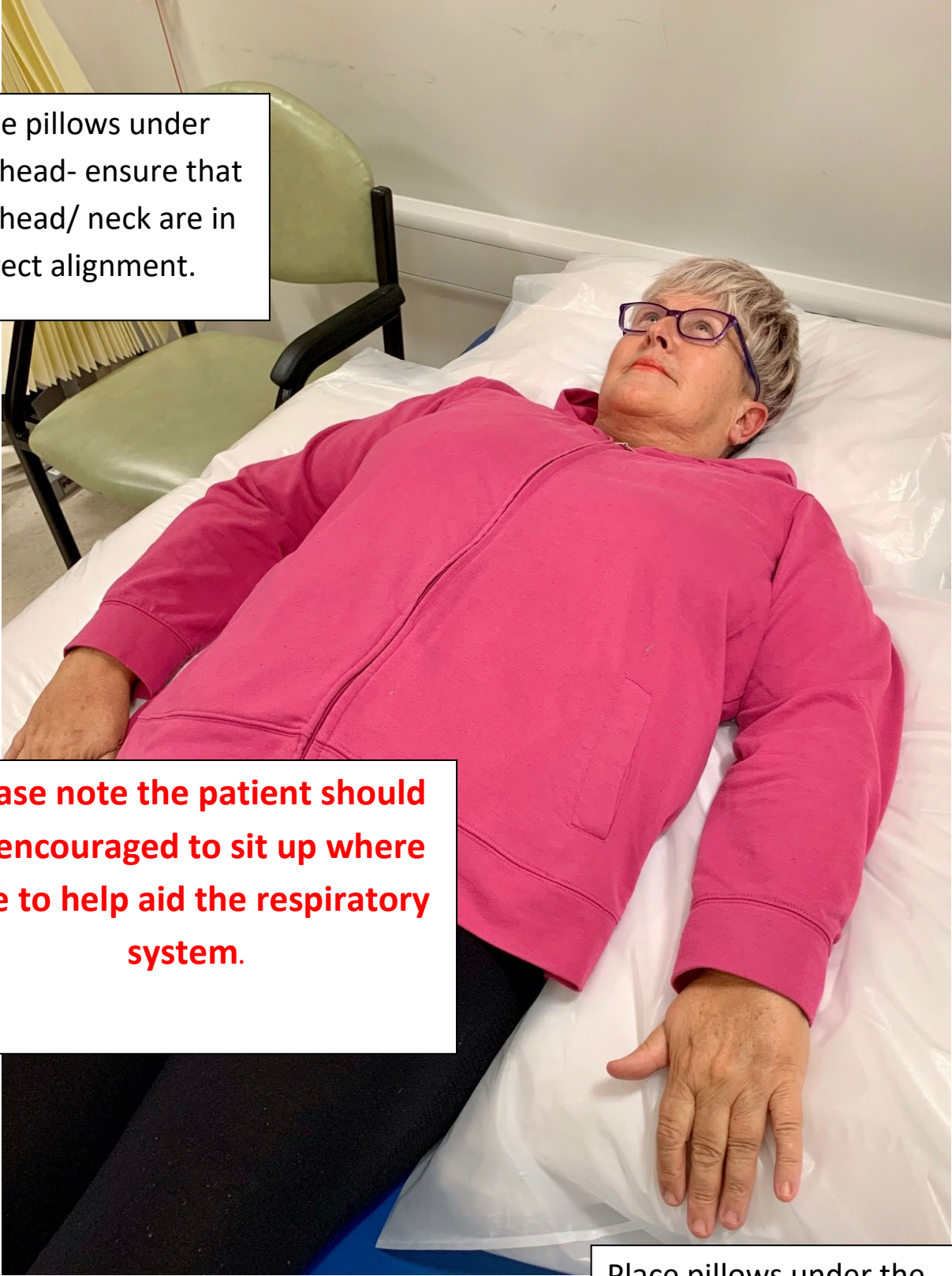
Place pillows in a V shape behind the patients head and shoulders to keep them supported in a sitting position.

A pillow can be placed under the knees if you are unable to fully straighten them.

Place a pillow or rolled blanket/ towel in between the legs to prevent them from rubbing.



## Postural Management Plan: Lying on Back

A photograph of an elderly woman with short grey hair and purple-rimmed glasses lying on her back in a hospital bed. She is wearing a bright pink zip-up jacket. Her head is resting on a white pillow, and her arms are resting on a white pillow. The bed is covered with a white sheet. In the background, a green chair is visible.

Place pillows under the head- ensure that the head/ neck are in correct alignment.

**Please note the patient should be encouraged to sit up where able to help aid the respiratory system.**

Place pillows under the upper limbs to support in the lying position.