

Left Side Affected

After a stroke people can experience differing physical problems. Careful positioning and placement of pillows may increase comfort and safety. The **left side** affected by the stroke is in **black**. Bed rails not shown.



LYING ON LEFT SIDE

- Use this position only if it does not affect breathing
- 1-2 pillows for the head
- Protract the scapula of the left shoulder, extend wrist & fingers
- Place the right leg forward on 1-2 pillows
- Place pillows in front and behind



LYING ON RIGHT SIDE

- 1-2 pillows for head
- Place the left shoulder forward, scapula protracted with arm supported on pillow
- Left leg backwards on 1-2 pillows
- Place a pillow behind back



SITTING UP

- Sit well back in the centre of the chair or wheelchair
- Place arms well forward
- The left arm may rest on a table or arm rest
- Feet flat on floor or footrests
- Knees directly above feet



LYING ON BACK

- Head of bed 0-30° unless contraindicated
- Place 3 pillows to support both shoulders and the head
- Left arm on a pillow
- Optional pillow beneath left hip
- Ensure feet are in a neutral position



SITTING IN BED

- Sit upright and well supported by pillows
- Place both arms on pillows
- Legs supported for comfort