

# Postural Control in Bed

Recommended for the non-ambulant person with neurological impairment

## Side Lying

stable side lying



- 1 Place folded sheet crosswise on bed. Bend hips and knees to 90°.

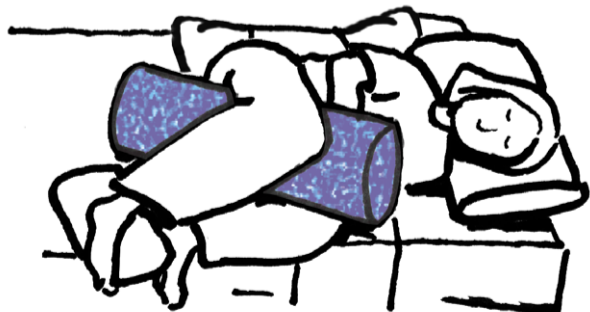


- 2 Roll person onto side. Support back with pillow tucked under crosswise sheet to hold in place. Lean trunk against pillow to avoid pressure under shoulder.



- 3 Separate knees. Place roll between thighs, lower legs forward (in front) of roll.

*Loaded tissues can be relieved by alternating position side-to-side, keeping roll in place*



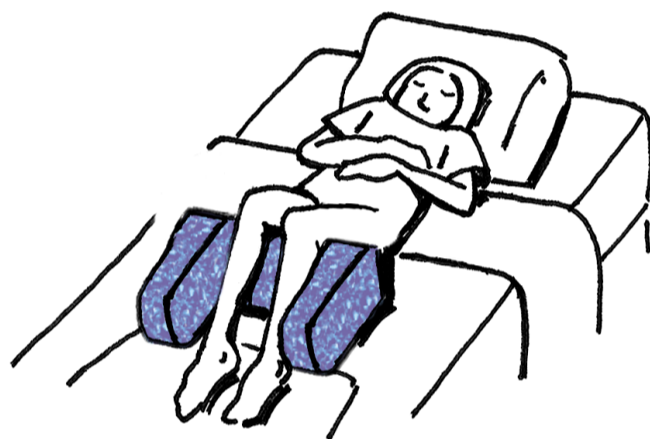
- 4 Place small cushion (pad) between feet to relieve pressure.

## Alternative Position

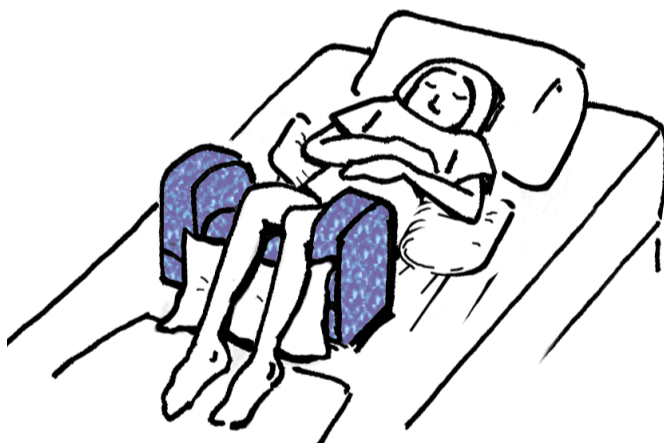
where abduction is a problem



- 1 Uncontrolled abducted lower limbs. Place folded sheet crosswise on bed.



- 2 Place legs over the abduction roll.



- 3 Adjust lateral pads according to individual. Place small cushion under lower legs to relieve pressure on heels. Support trunk laterally if necessary, by tucking a pillow under the crosswise sheet on each side.

# C&S seating



Postural Control for Disability

## Supine Lying

stable supine lying



- 1 Asymmetrical uncontrolled (unsupported) lying. Place folded sheet crosswise on bed.



- 2 Align body posture. Place T Roll under knees with central roll flat.



- 3 Rotate central roll upwards and position in between thighs. Place small cushions or pillow under legs to raise heels of the bed.



- 4 Support trunk laterally if necessary, by tucking a pillow under the crosswise sheet on each side. Knees must rest comfortably on roll.



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