

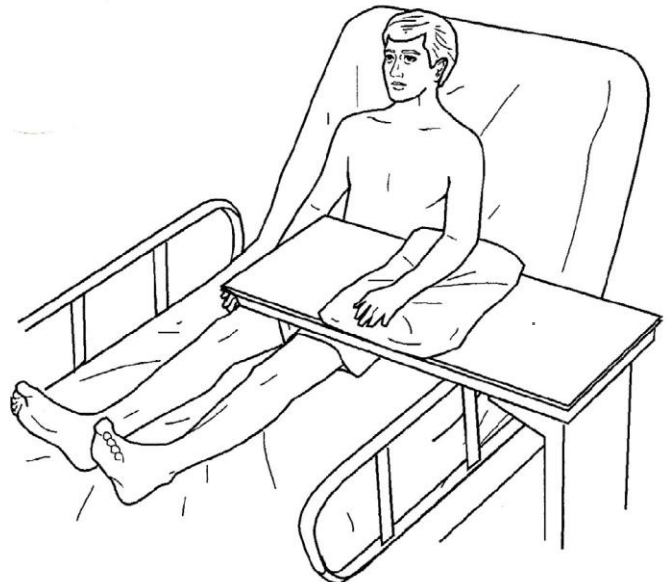
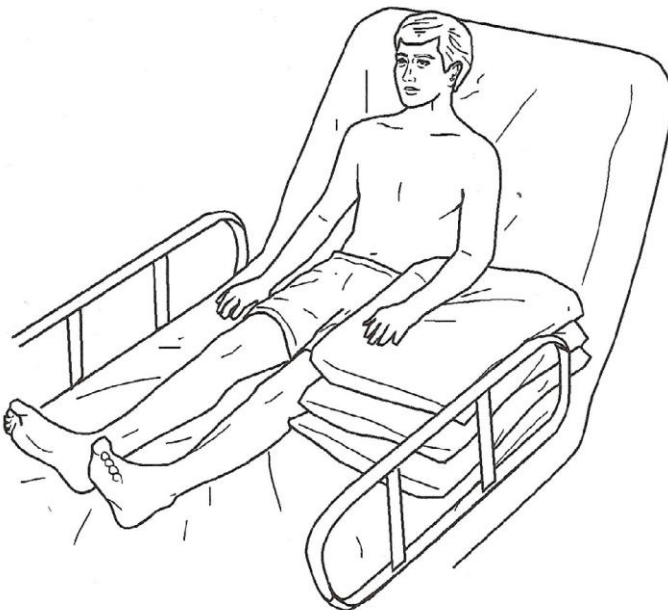
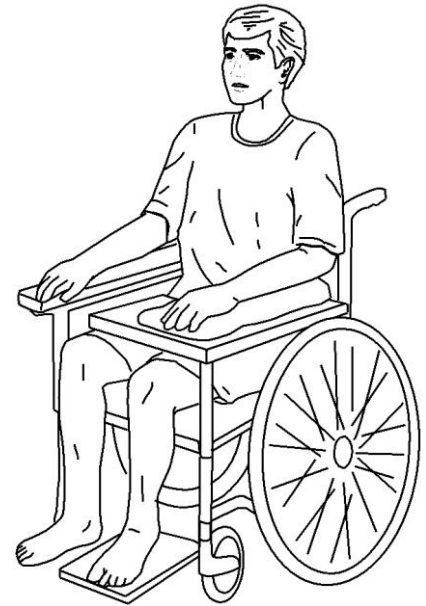
Positioning for a Person with Paralysis

Sitting Up and Lying Down

Sitting up

These guidelines for sitting up will help you relax, prevent or decrease pain, and prevent muscle tightness.

- Sit with your buttocks completely back in the wheelchair. Keep your hips and knees at a right angle and your feet flat on the floor. Place the foot of your affected side on the foot rest while your wheelchair is in motion.
- Keep your head and body in line with your hips. You may need to use a pillow or wedge to help distribute your weight evenly on both buttocks.
- Support your affected arm with pillows, a table, trough or half lap board if in a chair.
- Place your affected shoulder slightly forward. Support the wrist and hand.
- Sit with your body at a right angle in bed. Do not slouch.
- Check your skin often for redness, bruising or breakdown.



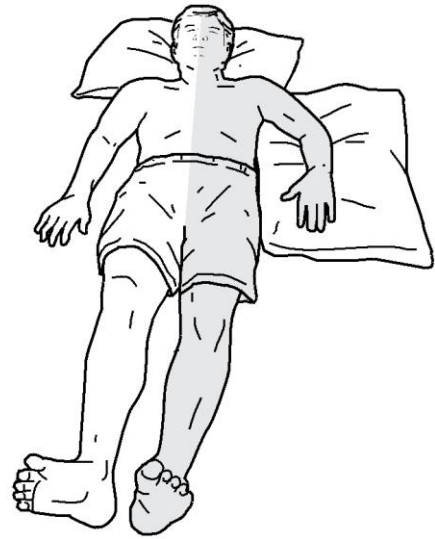
Lying down

These guidelines for lying down will help you relax, prevent or decrease pain, and prevent muscle tightness. The shaded areas in these pictures show the side that has paralysis.

- Place flat pillows under your head and limbs for support. Place your wrist and hand straight on a pillow, not drooped or fisted.
- Keep your shoulder forward.
- Keep your hips and knees bent.
- **Do not lie in one position for longer than 2 hours.**
- Check the skin often for redness, bruising or breakdown.



**Positions for left
side paralysis**



**Positions for right
side paralysis**



Talk to your doctor or health care team if you have any questions about your care.

For more health information, contact the Library for Health Information at **614-293-3707** or e-mail **health-info@osu.edu**.