

Department of
PHYSIOTHERAPY

Positioning of a Stroke Patient in the Bed and Chair – Left Hemiplegia



Position of a Stroke Patient

Proper positioning of a stroke patient outside therapy hours is very important. It helps complement the effects achieved during therapy sessions.

Proper positioning will:

1. Help prevent abnormal tension in muscles while at rest (**muscle tone**).
2. Maintain muscle length, which will prevent muscle tightness.
3. Help the patient learn correct postures

The patient's position should be changed frequently to avoid chest complications, pressure sores and discomfort.

1. Lying on the Back

- Lie straight, flat on your back.
- Support the left shoulder and arm with a pillow.
- Position the left shoulder slightly forward.
- Position the left elbow slightly bent.
- Position the palm faced downwards with your fingers straight.



2. Lying on the Left (Affected) Side

- Lie facing the left side.
- Place your left arm straight out from your body with your elbow slightly bent and palm facing upwards.
- Support your left shoulder and arm with a pillow (if needed).
- Keep your right (unaffected) leg supported on a pillow in front of your left leg.



3. Lying on the Right (Unaffected) Side

- Lie down on your right (unaffected) side.
- Bring your left (affected) shoulder and arm forward by placing a pillow underneath it.
- Slightly bend your left elbow and keep the palm facing downwards with your fingers straight.
- Bend your left hip and knee and place them on a pillow in front of your right leg.



4. Sitting in a Chair

- Sit on a chair and feel your weight through both buttocks.
- Position a pillow underneath the left (affected) arm. Keep your shoulders relaxed, elbows bent and wrists straight.
- Make sure both feet are flat on the floor.



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