

Department of
PHYSIOTHERAPY

Positioning of a Stroke Patient in the Bed and Chair – Right 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 right shoulder and arm with a pillow.
- Position the right shoulder slightly forward.
- Position the right elbow slightly bent.
- Position the palm faced downwards with your fingers straight.



2. Lying on the Right (Affected) Side

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



3. Lying on the Left (Unaffected) Side

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



4. Sitting in a Chair

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



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