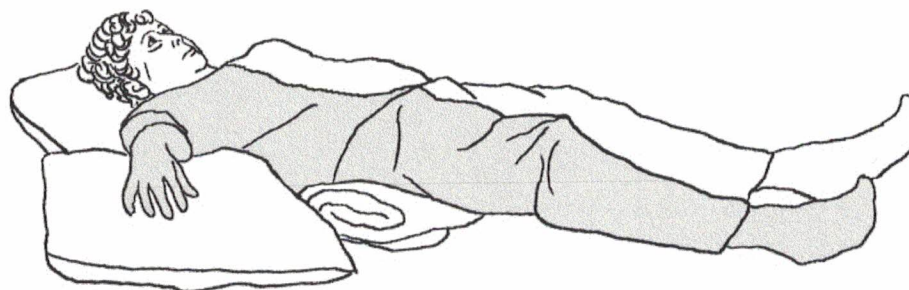


# Occupational Therapy TOOLKIT

## Positioning in Bed – Right Hemiparesis

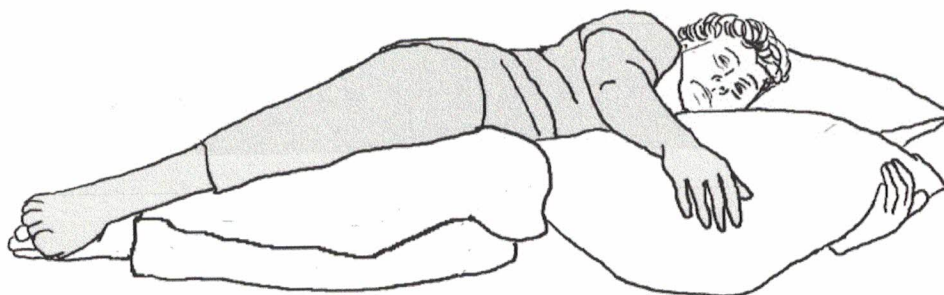
### Lying on the Back

Place a pillow under the right shoulder. Position the right arm out to the side and extended on the pillow. Place a rolled towel under the right hip.



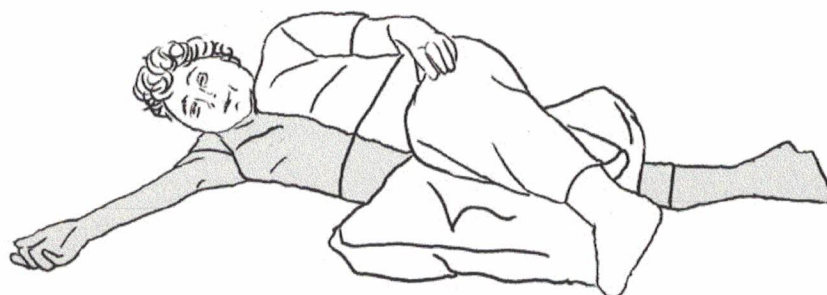
### Side Lying on the Left or Unaffected Side

Position the right arm on a pillow with the shoulder forward. Roll the right hip forward and place the right knee and ankle on a pillow.



### Side Lying on the Right or Affected Side

Protract the right shoulder and extend the arm out to the side. Support the left leg on a pillow.



# Occupational Therapy TOOLKIT

## Proper Positioning When Sitting – Right Hemiparesis

### Proper Positioning When Sitting in a Wheelchair

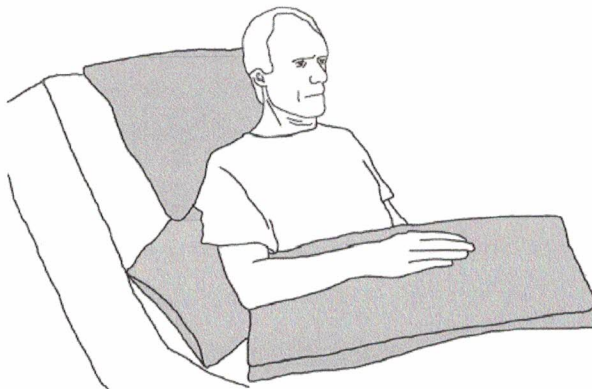
Sit in the middle of the wheelchair, with your hips back into the chair. Your thighs should be parallel to the floor when your feet are on the footrests. Use your strong leg to move your wheelchair around.

Support your affected arm on an arm trough (pictured) or a lap tray.



### Proper Positioning When Sitting up in Bed

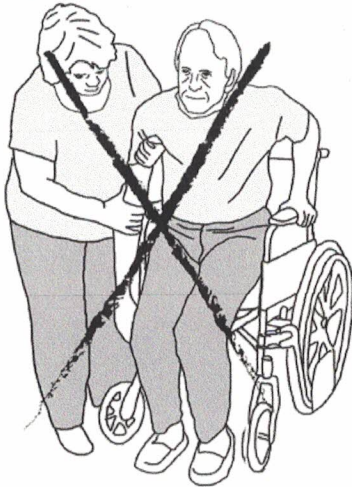
Elevate the head of the bed fully. Place a small pillow behind the elbow to position the affected arm forward and place the forearm and hand on a flat pillow propped on the thigh.



# Occupational Therapy TOOLKIT

## Protecting Your Arm – Right Hemiparesis

### Protecting Your Arm During Transfers



Avoid pulling the person up to standing using the weaker arm.

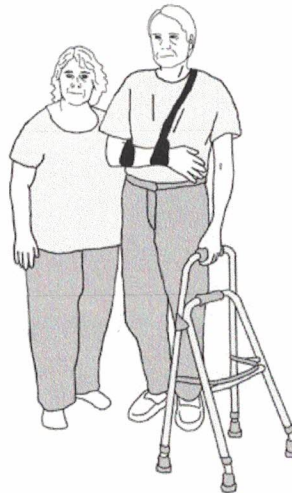


Use a support sling to position the weaker arm. Place one hand on the person's chest and the other holding the transfer belt.

### Protecting Your Arm While Walking



When walking, avoid helping the person by holding under the weaker arm.



Use a support sling to position the weaker arm. Support the person by holding onto the transfer belt.