

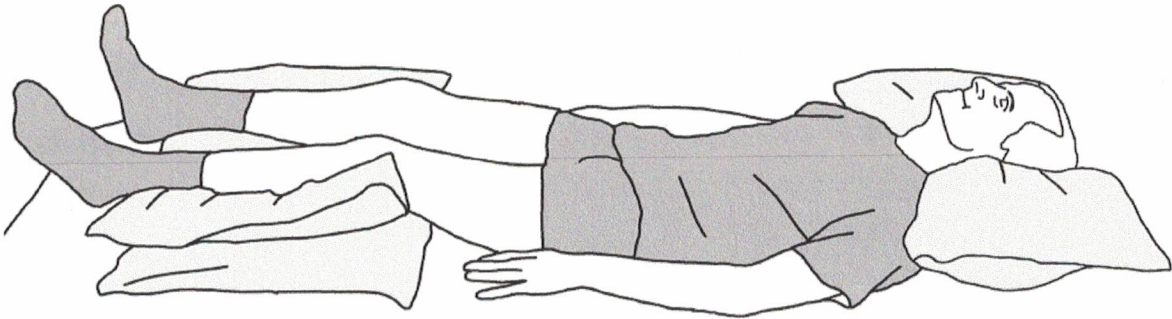
Occupational Therapy TOOLKIT

Positioning in Bed to Minimize Pressure

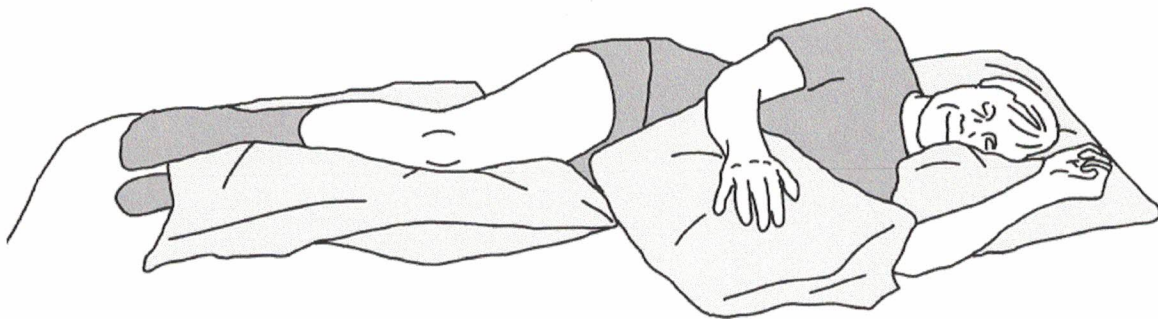
Use pillows to help keep bony areas from touching each other.

Alternate between the back, right side, and left side every two hours while you're awake.

Keep the bottom sheet free from wrinkles. Be sure to remove any crumbs and avoid placing items on the bed. Keep items on a bedside table.



When lying on the back. Place a pillow under the lower legs to keep the heels off the bed.



When lying on the side. Place a pillow between the knees and the arm on a pillow.