

Postural Control in Bed

Recommended for the non-ambulant person with neurological impairment

Supine Lying

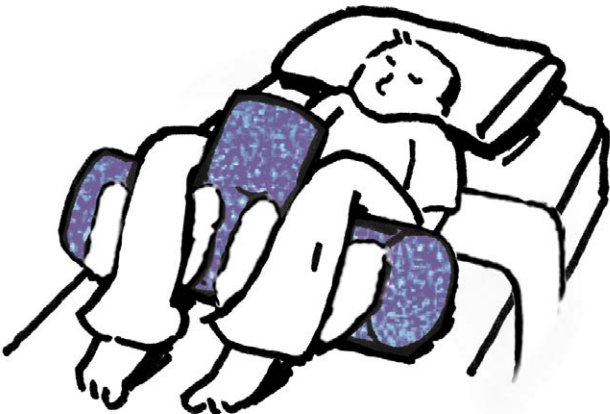
stable supine lying



1 Asymetrical uncontrolled (unsupported) lying. Place folded sheet crosswise on bed.



2 Align body posture. Place T Roll under knees with central roll flat.



3 Rotate central roll upwards and position in between thighs. Place small cushions or pillow under legs to raise heels of the bed.



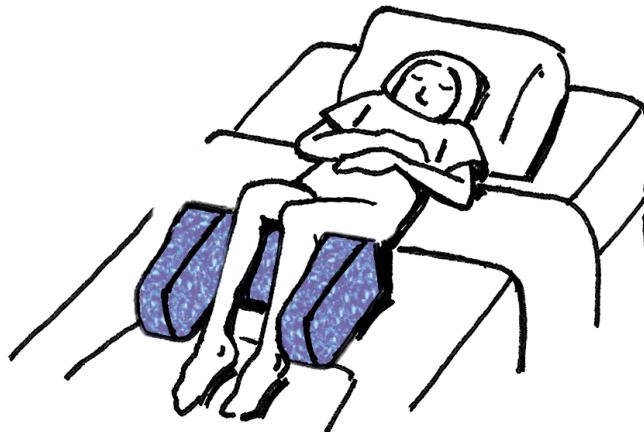
4 Support trunk laterally if necessary, by tucking a pillow under the crosswise sheet on each side. Knees must rest comfortably on roll.

Alternative Position

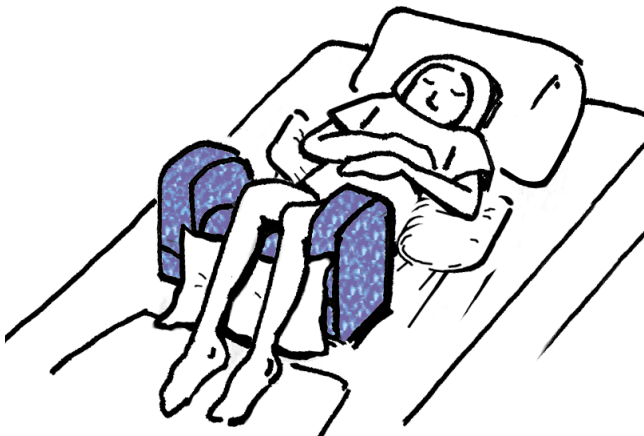
where abduction is a problem



1 Uncontrolled abducted lower limbs. Place folded sheet crosswise on bed.



2 Place legs over the abduction roll.



3 Adjust lateral pads according to individual. Place small cushion under lower legs to relieve pressure on heels. Support trunk laterally if necessary, by tucking a pillow under the crosswise sheet on each side.

C&S seating



postural control
for disability

Side Lying

stable side lying



1 Place folded sheet crosswise on bed. Bend hips and knees to 90°.

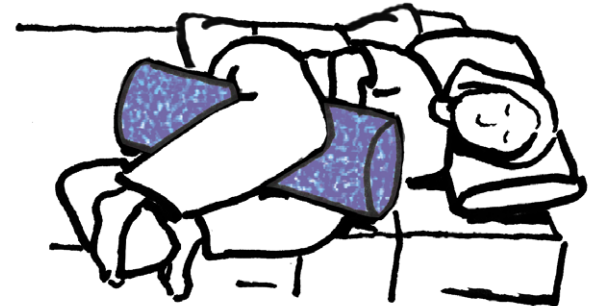


2 Roll person onto side. Support back with pillow tucked under crosswise sheet to hold in place. Lean trunk against pillow to avoid pressure under shoulder.



3 Separate knees. Place roll between thighs, lower legs forward (in front) of roll.

Loaded tissues can be relieved by alternating position side-to-side, keeping roll in place



4 Place small cushion (pad) between feet to relieve pressure.