

POSITIONING WHILE LYING ON UNAFFECTED SIDE

To encourage relaxation, prevent (or decrease) pain and prevent (or decrease) tightness.

1. Lie on unaffected side with affected side rolled forward slightly.
2. Place flat pillow under head.
3. Pillow is placed under affected arm to support it. Affected shoulder is slightly forward and hands supported.
4. Affected leg is supported entirely by pillow, with hip slightly forward hip and knee bent.
5. A pillow, if necessary, can be placed back to prevent rolling backwards.
6. No objects should be placed against the bottom of the foot.

