



Positioning for LEFT Sided Weakness After Stroke



Lying on Back

- Use pillow(s) to support the head.
- Use pillow under weaker arm, with top of pillow positioned under shoulder. You may need a second pillow to support the wrist and hand in a straight position.
- Using a pillow to support the weaker leg is optional, but recommended if the leg tends to turn outward.



Lying on Weaker Side

- Head supported on pillow(s).
- Position the LEFT shoulder forward with the arm straight, and the palm facing up.
- Top arm across chest, supported by pillow.
- Top leg bent at hip and knee.
- Pillows placed behind back and between legs.



Lying on Stronger Side

- Head supported on pillow(s).
- Weaker arm supported on 2 pillows.
- Top leg bent at hip and knee.
- Pillows placed behind back, and between legs.



Sitting in Bed or at Edge of Bed

- Weaker arm supported on pillows.
- If sitting at side of bed, feet should be supported on floor and consider wearing CVA sling to support arm if available.



Sitting in Wheelchair

- Weaker arm supported on lap tray. If no lap tray available, use pillows instead.
- Hips should be positioned at back of the seat (not slid forward).
- Feet supported on floor, or on footrests.