

Hemiparetic Shoulder Positioning



Lying on Unaffected Side

- ▶ Hemiplegic arm supported forward on 2 pillows
- ▶ Pillow behind back
- ▶ Both legs bent at hips/knees with pillow between

Lying on Hemiplegic Side

- ▶ Guide hemiplegic shoulder forward at the shoulder blade
- ▶ *If spacing permits, have patient's elbow straight with palm up*
- ▶ Pillow placed behind back
- ▶ Unaffected arm supported forward on a pillow



Sitting in Bed

- ▶ Hemiparetic arm supported on 2 pillows
- ▶ Trunk in midline
- ▶ Pillow under unaffected arm as required (balance or comfort)

Sitting in Wheelchair

- ▶ Attach lap tray if present
- ▶ Be sure shoulder is abducted away from the body, forearm is pointing forward with hand fully supported

