

Sitting with arms supported on table



- Ensure that the back is well supported by a chair
- Place the arms forward and supported on the table or arm rest of the chair. If the table or armrest is too low, place a pillow or cushion underneath to support the arm
- Ensure that the feet are placed flat on the foot rest or on the floor
- Ensure that the knees are positioned at 90 degrees
- Refrain from sitting on a chair without a cushion for long hours

Using a Sling



- Use a sling to support the affected arm while standing or walking
- Use a sling to support the affected arm when seated on chair for long hours
- Use a sling to support the affected arm
 - while standing or walking
 - when seated on a chair for long hours

Tips on post-stroke care



- Generally, there are no side effects to proper positioning after a stroke.
- Proper positioning may help to increase awareness and protection of the weaker side of the body.
- Incorrect positioning can exert strain on your muscles and cause discomfort.
- It is not advisable to wear the sling frequently or for long hours as it may contribute to muscle contractures.
- A sling can be used after a stroke to support your weaker arm while you are standing or moving around.
- If in doubt, consult a healthcare professional who can provide appropriate advice for positioning of the affected side after a stroke.



ST. ANDREW'S
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Proper Positioning after a Stroke



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Lying flat on the back



Things to note:

- Put a pillow underneath the armpit and elbow of the affected side
- Ensure that the arm is in a neutral position
- Support the wrist on a pillow of the same height
- Place a towel in between the fingers (optional)
- Place a pillow underneath the thigh of the affected side to support the leg
- Ensure that the feet are in a neutral position

Lying on the non-affected side



Things to note:

- Ensure that the arm is properly supported on pillow in a neutral position
- Place a towel in between the fingers (optional)
- Ensure that the affected leg is properly supported on a pillow in a neutral position
- Place a pillow behind the back to support the body

Lying on the affected area



Things to note:

- Use this position only if the person does not experience pain while lying on the affected side
- Ensure that the affected arm is not below the body or pillow
- Ensure that the affected leg is fully extended
- Place a pillow behind the back to support the body

*Circle indicates affected side