Positioning for Left Sided Paralysis

Using a correct position when lying down will help you relax, decrease pain, and prevent muscle tightness. The shaded areas in these pictures are the paralyzed side.

- Lying on your right side with your left arm forward is most beneficial.
- Flat pillows should be under your head and under your arm only up to your elbow. Your leg should also be up on a pillow.
- Your shoulder should be forward, not pulled back.
- Bend your hip and knee.
- Your wrist and hand should be straight on a pillow, not drooped or fisted.
- Do not lie in one position for longer than 2 hours.
- Check the skin often for redness, bruising, or breakdown.