

# Positioning the Left Hemiplegic Arm

## Lying on Hemiplegic Side



- Hemiplegic arm forward at the shoulder; elbow extended and hand supported with the palm up
- Unaffected arm supported forward on the pillow
- Pillow behind back
- Both legs bent at the hips and knees; pillow in between

## Lying on Unaffected Side



- Hemiplegic arm supported forward on two pillows
- Pillow behind back
- Both legs bent at the hips and knees, a pillow in between

## Sitting in Bed



- Hemiplegic arm supported on two pillows
- Trunk in midline
- Pillows under unaffected arm as required

## Sitting in Wheelchair



- Lap tray on wheelchair
- Pillow under hemiplegic arm with shoulder abducted, forearm pointing forward and hand supported