Positioning the Right 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 Wheelchair

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

Sitting in Bed

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

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