

## Stroke Positioning Pathway

### Long Sitting with a Table

<b>Owner:</b>	Stephanie Flint, Clinical Lead Physiotherapist for Stroke Neuro-Rehab and Oncology
<b>Approved by</b>	Therapies Clinical Governance Approval Group
<b>Approval Date</b>	29 <sup>th</sup> March 2023
<b>Review Date</b>	29 <sup>th</sup> March 2026 This is the most current document and should be used until a revised version is in place

### Key Amendments

<b>Date</b>	<b>Amendments</b>	<b>Approved by:</b>
25 <sup>th</sup> January 2023	Document extended to 30 <sup>th</sup> June 2023 whilst under review.	Dr J Trevelyan/ Benjamin Thomas
March 2023	Document re-approved for 3 years	Therapies Clinical Governance Approval Group



**Ideally and where possible it is advisable not to eat and drink in this position and patients should be sat out.**

**HEAD:** In neutral. Use pillows if necessary to support.

Try to encourage head control whilst eating and drinking and to prevent aspiration.

(Pillows placed around the back of the ribcage to maintain an extended posture. The head and upper shoulders with the head in a neutral position, try to prevent head rolling / turning to one side.)

**ARM:** Both arms should be supported on 2 pillows.

Ensure the shoulders are placed forward of the body and supported with 1 or 2 pillows.

Elbow placed in partial flexion palm facing downwards.

Wrist and fingers in neutral.

Table placed across the pillows and hands and forearms placed onto table.

**TRUNK:** Should be straight and may be supported with 1 pillow to maintain lumbar curve of the back.

When using a profiling bed be aware of changes in the position of the trunk and hips.

Support with a pillow to maintain trunk position.

**LEG:** Both legs placed straight in bed.

Hips should be at 90 degrees.

A pillow may be placed under the knees if the hamstrings are tight.

Pillows may be used to maintain neutral position.

**FOOT:** Use splints if recommended to maintain good position of the foot and ankle.