

Stroke Positioning Pathway

Side Lying on Hemiplegic Side

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Approved by	Therapies Clinical Governance Approval Group
Approval Date	15 th September 2025
Review Date	15 th September 2028 This is the most current document and should be used until a revised version is in place

Key Amendments

Date	Amendments	Approved by:
25 th January 2023	Document extended to 30 th June 2023 whilst under review.	Dr J Trevelyan/ Benjamin Thomas
March 2023	Document re-approved for 3 years	Therapies Clinical Governance Approval Group
15 th September 2025	No changes – document approved for 3 years	Stephanie Flint Therapy Service Lead for Stroke Complex Care and Oncology/Heamatology



HEAD: Neutral position with 2 pillows or equivalent

SHOULDER: Bring the shoulder, of the underneath arm, forward with care, handling from the scapula, ensuring free of pain. Elbow nearly straight with palm facing upwards. Whole arm fully supported a pillow. Do not allow wrist to bend forward against cot side. Top arm placed comfortable across body

TRUNK: Should be straight and not twisted. Support with pillow behind the patient's back and hips to maintain trunk position.

LEG: Hemiplegic leg slightly bent and comfortable. Top leg bent at hip and knee. Support with 1 or 2 pillows to prevent trunk falling forward.

FOOT: May need supporting in a neutral position to prevent shortening of calf muscle. Ensure the pillow supports the foot.

Ensure that you slide the patient to the edge of the bed before turning

