PHYSIOTHERAPY PATHWAY
WAHT-TP-011

Stroke Positioning Pathway

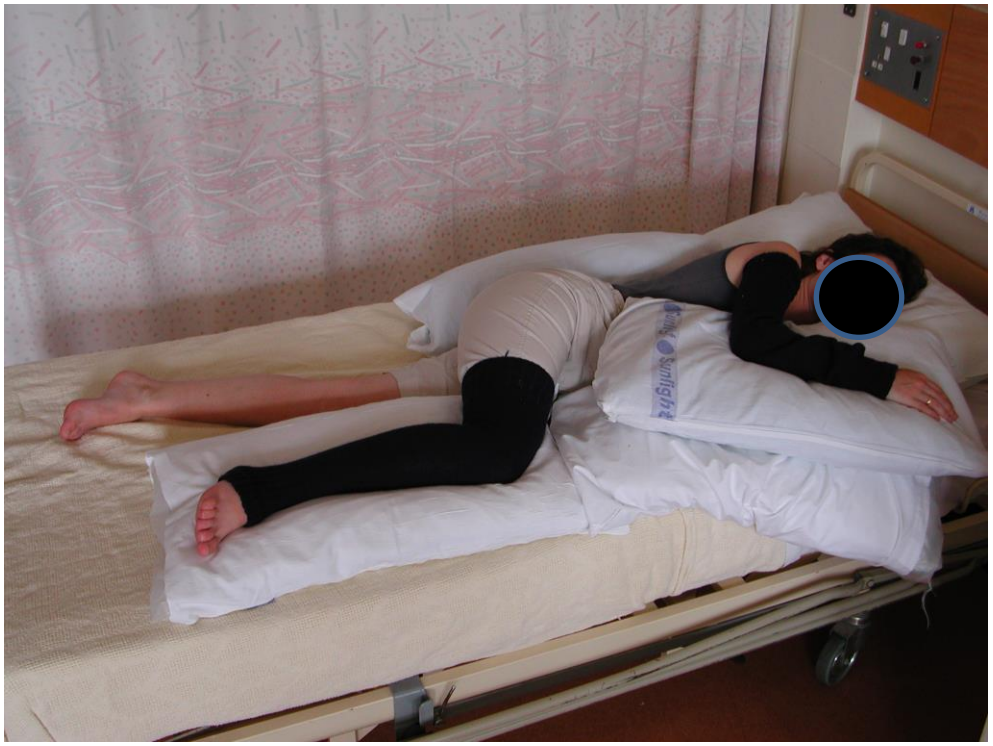
Side Lying With Hemiplegic Side Uppermost

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

This information should be used in conjunction with the Physiotherapy Pathway WAHT-TP-011. Use the version on the internet to ensure the most up to date information is being used.



HEAD: Neutral position with 2 pillows or equivalent.
Ensure airway is clear of pillows.

ARM: Hemiplegic arm supported uppermost on 2 pillows.
Shoulder placed forward on the body.
Elbow placed in partial flexion palm facing downwards.
Wrist and fingers in neutral.
Underneath arm placed comfortably forward of the body.

TRUNK: Should be straight and not twisted.
Support with a pillow to maintain trunk position.

LEG: Hemiplegic leg is bent forward at the hip and knee and supported with 1 or 2 pillows to prevent trunk falling forward.

Do not allow the hip to fall backwards

FOOT: May need supporting in a neutral position to prevent shortening of calf muscles.