

Stroke Positioning Pathway

Sitting In Chair – Early Patient

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| Owner: | Stephanie Flint, Clinical Lead Physiotherapist for Stroke Neuro-Rehab and Oncology |
| 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: Supported in neutral position if necessary

ARM: Pillows may be used behind the shoulders to support the shoulder girdle and arms in a forward position.
Elbows bent slightly.
The hemiplegic wrist may be elevated with a small towel roll to maintain extension.
Pillows may be placed across the lap to support both arms

TRUNK: Pillows may be used at the side of the trunk to maintain a straight, upright position in the chair.
Bottom must be right back in the chair.
A rolled up blanket / towel may be placed between the chair and the patient's leg to prevent it from rolling out.
Hips and knees should be at 90 degrees with the feet flat on the floor.
If the feet don't touch the floor use a block to ensure feet are flat and well supported.