#### PHYSIOTHERAPY PATHWAY WAHT-TP-011



## **Stroke Positioning Pathway**

### **Sitting In Chair – Early Patient**

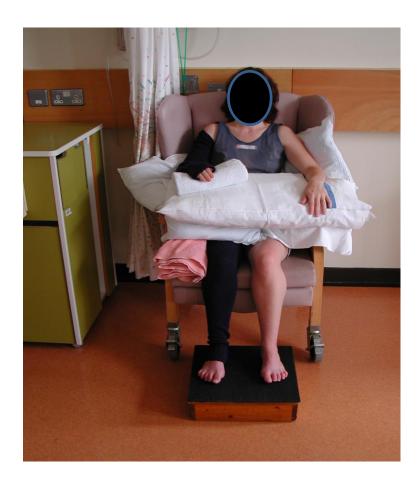
Owner:	Stephanie Flint, Clinical Lead Physiotherapist for Stroke Neuro-Rehab and Oncology	
Approved by	Therapies Clinical Governance Approval Group	
Approval Date	15 <sup>th</sup> September 2025	
Review Date	15 <sup>th</sup> September 2028	
	This is the most current document and should be used until a revised version is in place	

#### **Key Amendments**

Date	Amendments	Approved by:
25 <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
15 <sup>th</sup> September 2025	No changes – document approved for 3 years	Stephanie Flint
		Therapy Service Lead for
		Stroke Complex Care and
		Oncology/Heamatology

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**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.