

## Stroke Positioning Pathway

### Sitting in Wheel Chair

<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>	15 <sup>th</sup> September 2025
<b>Review Date</b>	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

<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
15 <sup>th</sup> September 2025	No changes – document approved for 3 years	Stephanie Flint Therapy Service Lead for Stroke Complex Care and Oncology/Hematology



**ARM:** Shoulders forward supported comfortably on pillows.  
Wrist and hand supported in neutral.  
Use support under the affected arm – this could be with the Bexhill arm support as in the picture, using the bedside table, bed or pillows.

**HIPS / KNEES:** Should be at 90 degrees with feet flat on footplates or the floor if static. If the feet do not touch the footplates refer to the therapist to adjust the height.

**Chairs vary enormously**

**Use chairs recommended by the therapists.**

**Patient should sit upright with bottom as far back in the chair.**

**Weight evenly on both buttocks so trunk remains in the middle.**

**Pillows may be used to maintain this position and provide support.**