

# POSITIONING GUIDELINES AFTER A STROKE



## SEATED (CHAIR OR WHEELCHAIR)

- Good back support
- Firm sitting surface
- Feet flat on floor (or footrests)
- Arms on armrests
- Stroke-affected arm: pillow to elevate, bring the arm slightly forward and away from the body



## LYING IN SUPINE (ON BACK)

- Pillow under the head and neck for support
- Elevate the head of the bed if trouble breathing
- Stroke affected arm: pillow under, elbow straight, palm face up
- Stroke affected leg: pillow tucked under the hip, keeps leg from turning out



## LYING ON STROKE AFFECTED (WEAKER) SIDE

- Pillow under the head and neck for support
- Stroke affected arm: bring the shoulder and shoulder blade slightly forward, keep wrist and fingers extended
- Stroke affected leg: straight
- Strong leg: bent at hip/knee, full leg elevated on pillow(s) to keep hips in alignment



## LYING C

- Pillow neck fl
- Pillow
- Stroke under shoul- slight wrist -
- Stroke under hips i- straight exten

# Stroke A Guide For Patient And Family

**Ardella M. Fraley**



## **Stroke A Guide For Patient And Family:**

**Stroke** Janice Frye-Pierson, James F. Toole, 1987 1E 1988 Select *Educational Guide for Patients and Families Following Stroke*, 1996 *Educational Guide for Patients and Families Following Brain Injury*, 1998 **Patient and Family Education** Marcia Hanak, 1986 *After a Stroke* Geoffrey Donnan, M.D., Carol Burton, 1993-01-11 A stroke is a devastating occurrence in the life of a family After damage is assessed the patient family members caregivers doctors and friends collaborate on rehabilitation It is important to understand what kind of stroke the patient suffered and what kinds of physical neural and nutritional therapies can help to restore normal functioning This entry in North Atlantic's Family Health Series is a guide to the causes and consequences of a stroke It outlines a systematic plan to help restore normal living developed by healthcare professionals active in Australia stroke support groups They are joined by a Feldenkrais practitioner and a naturopathic physician who describe bodywork and nutritional approaches to complement conventional medicine After a Stroke will help you understand limitations effects and recovery prognosis of different kinds of strokes locate movement therapies and body work to stimulate and re educate the brain and neural limb coordination organize a health team blending the best of current orthodox medicine with the best of traditional natural therapies and chart daily patient progress with worksheets charts and tables *A Guide to the Primary Care of Neurological Disorders* John A. Popp, Eric M. Deshaies, 2011-01-01 An indispensable reference for optimizing patient care Synthesizing the expert clinical advice of specialists who treat disorders of the nervous system this book is an accessible single volume resource for primary care physicians requiring practical information on a range of neurological disorders A Guide to the Primary Care of Neurological Disorders provides readers with a firm foundation in neuroscience concepts that will enable them to make timely diagnostic treatment and referral decisions about common symptoms including chronic pain headache seizures numbness and dizziness Additional chapters cover specific categories of neurological disease providing the reader with concise descriptions of the clinical manifestations examination techniques and treatment options for each Features An outline at the start of each chapter aids rapid location of topics of interest Thorough coverage of history taking and the physical examination Pearls and Pitfalls at the end of each chapter review fundamental concepts and provide helpful guideposts for managing each clinical situation Packed with essential information on clinical neurosciences this comprehensive book is ideal for primary care physicians nurse practitioners physicians assistants residents in primary care specialties and medical students A co publication of Thieme and the American Association of Neurological Surgeons

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**Medical and Health Care Books and Serials in Print**, 1997 The Clinical Practice of Neurological and Neurosurgical Nursing Joanne V. Hickey, 1986 **The Complete Directory for People with Chronic Illness** Laura Mars, Laura Mars-Proietti, 2000-02 The widely hailed Complete Directory for People with Chronic Illness updated for 2000/01 is structured around the 80 most prevalent chronic illnesses from Asthma to Cancer to Wilson's Disease providing a comprehensive overview of the support services and information resources available for people diagnosed with a chronic illness Each chronic condition contains a brief description of the illness in layman's language followed by National and Local Organizations State Agencies Newsletters Research Centers Hotlines Books and Periodicals Also provided are sections on General Resources both Associations and Media as well as chapters on Death and Bereavement and Wish Foundations This directory makes it possible to provide comprehensive and critical information from just one source in just one stop An Entry Name Index and a Geographic Index will quickly direct users to relevant information and support services The Complete Directory for People with Chronic Illness is a necessary addition to any reference collection *Subject Guide to Books in*

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