

Repositioning

- Make sure to change positions hourly when sitting in a chair to relieve pressure over weight bearing areas
- Lying in bed or sitting for a period of time in the same position can lead to skin breakdown.
- Therapeutic support surfaces may be recommended to reduce pressure, shear and friction.
- Avoid dragging during transfers, devices may be recommended to assist you with transferring.
- Change positions in bed every 2 hours.
- Lift your heels off of the mattress with a pillow or wedge.
- Avoid tucking bed sheets tightly to decrease pressure on the heels.
- Use pillows for support when lying on your side or stomach.
- If you are using a hospital bed, avoid elevating the head of the bed greater than 30°.
- Ways to relieve pressure include using the recline option on your chair, standing, and changing positions often.