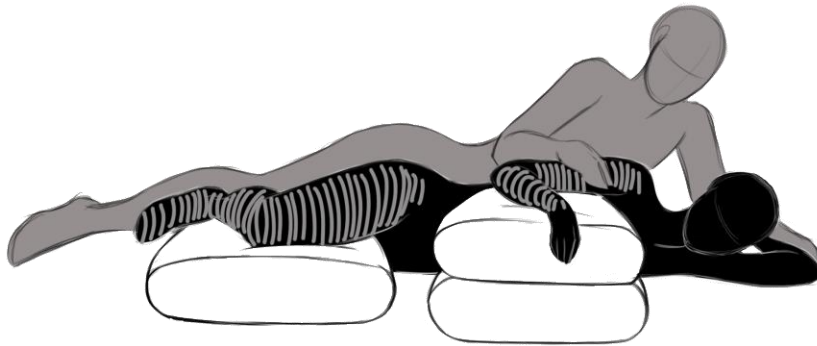


Comfortable Sex Positions After Stroke

 - weakness

Lying Down

On STRONG side



pillows under weak arm and weak leg

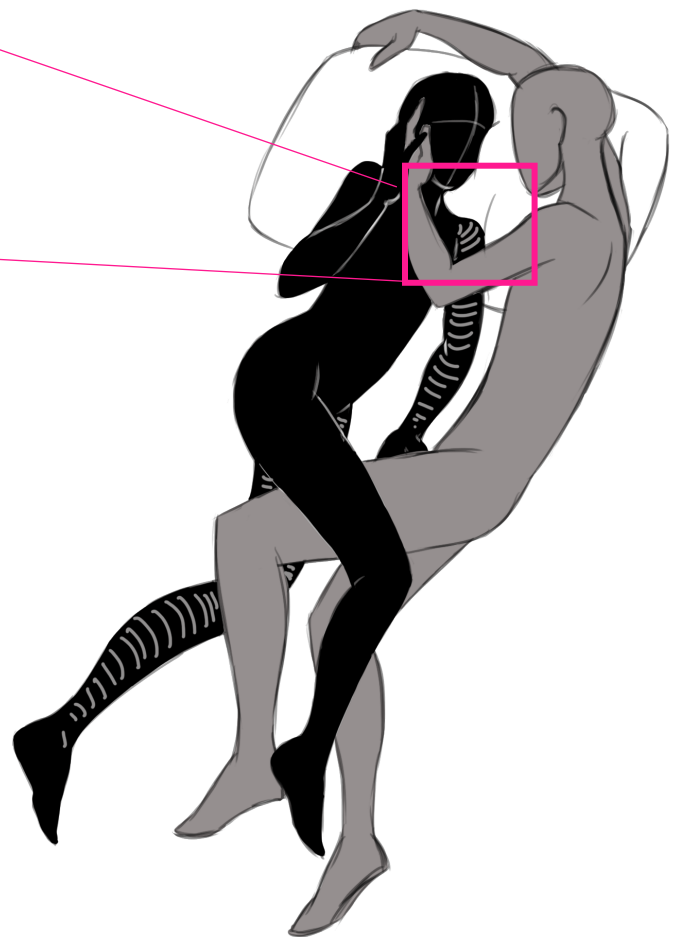
 - weakness

Lying Down

On **WEAK** side



Lie on **SHOULDER BLADE**



 - weakness

Lying Down

On your **BACK**

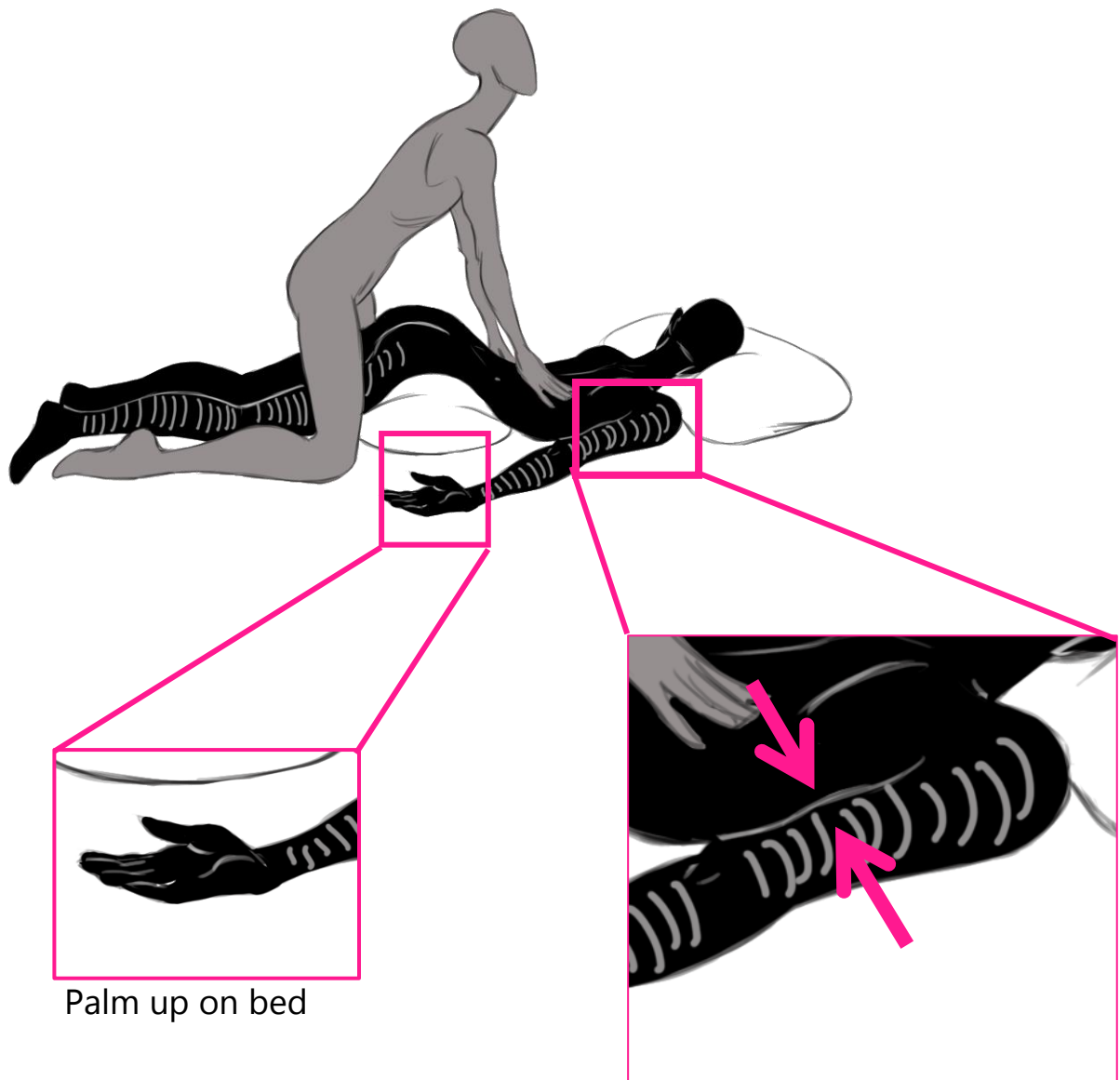


Pillows under back, knees, weak arm

 - weakness

Lying Down

On your STOMACH



Palm up on bed

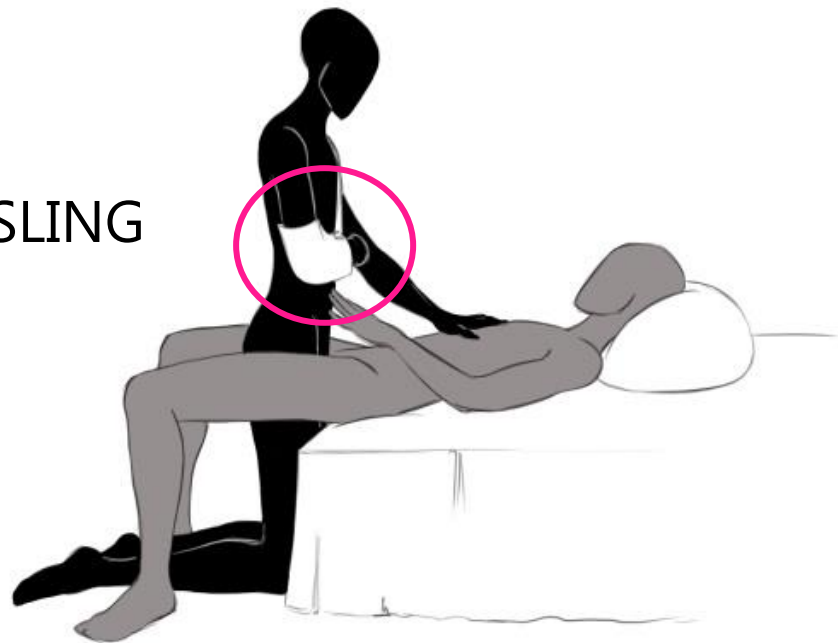
||||| - weakness

On TOP

Arm close to body



Use SLING



 - weakness

Sitting

In CHAIR or WHEELCHAIR



1. Chair / wheelchair against the wall



2. Lock wheelchair

||||| - weakness



3. Remove armrests



 - weakness

Questions?

Ask your DOCTOR or TEAM



||||| - weakness

More Resources

The resources below have more information on sex positions, products and devices that may help your sexual function:

- Book: The Ultimate Guide to Sex and Disability:
<https://www.corysilverberg.com/sex-and-disability>
- Pleasure ABLE: Sexual Device Manual for Persons with Disabilities
http://www.dhrn.ca/files/sexualhealthmanual_lowres_2010_0208.pdf
- Sexual Aids: www.mypleasure.com/education/disability/index.asp

Illustrations courtesy of Milica Hovanec

 - weakness