

Supportive Positioning for Sexual Activity

When choosing a sexual position, you want to make sure it is comfortable and safe for you and your partner.

1. Sidelying Positions:

You and your partner may experiment with lying on either side and adjusting pillow placements as needed for maximum comfort.

- **Lying on your stronger side:**

- Comfortable position, especially if you have a painful and weak shoulder. Place pillows under your weaker hand/forearm for support (Image 1).
- You can place a pillow under the weaker leg to minimize pain in the hip/knee (Image 1).

- **Lying on your weaker side:**

- Position yourself so you are lying more on your shoulder blade, not directly on your shoulder (Image 2) .



Image 1



Image 2

Note: Striped limbs and/or sling indicate the weaker side of the body.

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2. One Partner on Top:

Experiment with top and bottom positions as able.

- **As the bottom partner:**

- Back comfort: place pillows under your lower back and/or knees for comfort when lying on your back. You can also place a pillow under hips if lying on your stomach (Image 3).
- Lower extremity tone: a wedge pillow placed under your knees can help decrease tone, leg spasms and back pain when lying on your back.
- Arm positioning when lying on your back: for support, place pillows under the weaker hand/forearm (Image 4).
- Arm positioning when lying on your stomach: position your weaker hand flat against mattress/lying surface and elbow tucked into your side. You may also position your weaker arm straight against your side (Image 3).
- Head position: turn to look towards whichever side is more comfortable.



Image 3



Image 4

- **As the top partner:**

- If assuming the top position, you will require sufficient range of motion and strength in your trunk, legs and arms.
- If strength allows, you may choose to be on your hands and knees, or knees and forearms (Image 6 and Image 7).



Image 6



Image 7

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3. Seated in a Chair or Locked Wheelchair:

Position a chair or locked wheelchair with the back against a wall for increased safety and stability.

- Using a chair without armrests or removing armrests from the wheelchair will offer more options for positioning (Image 10).
- Either partner can be in the seated position.
- If you have a painful hip, place a pillow between your knees.
- For a painful shoulder or weak arm, support your arm on a lap tray, pillow, or use a sling to keep your arm against your body (Image 10-13).



Image 10



Image 11



Image 12



Image 13

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Participate in these activities at your own risk. Talk to your doctor, health or rehabilitation professional if you have any additional questions or concerns. We advise that you have a complete medical examination and are aware of the medications you are on that could impact your sexual or cardiac function prior to engaging in sexual activities.

Additional resources:

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

Illustrations by: Milica Hovanec

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