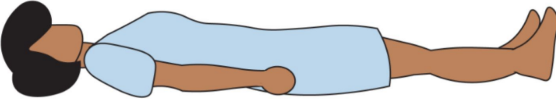



Positioning Handout

- For student's who require assistance with mobility or spend a lot of time in their wheelchairs, it is so important to allow them to change positions every **TWO** hours. This can help reduce the risk of skin breakdown and reduce the risk of contractures/reduce increased contractures.
- **With all gross motor activities remember safety first!** Make sure the environment is safe (no clutter, or potential hazards, etc.) and that your student is in a safe position. Please also give your student the appropriate amount of assistance and supervision while being placed in a different position.
- Below are some ideas for positioning. I want to stress that this is a general guideline!! Not all of these positions are appropriate for your student! Please reach out to me if you have any questions regarding positioning as I am more than happy to assist you!!

| Position | Description |
|--|---|
|  <p style="text-align: center;">Supine</p> | <p>Supine is the position when your student is flat on their back. Make sure to place a pillow behind their head. If their knees do not fully touch the surface they are laying on please place pillows under their knees.</p> |
| <p>Side-lying</p>  | <p>Side-lying is when your student is either on their left or right side. Place a pillow behind their head and in between their knees for comfort. If your student tends to roll onto their back; you can place additional pillows behind their back for support.</p> |

Long Sitting



Long sitting is when your student is sitting on the floor with their legs out straight. Please keep in mind that your student requires adequate core strength to maintain this position.

****If your student is unable to maintain this position without assistance please utilize another positioning activity****

Ring Sitting



Ring Sitting

Ring sitting is where your student's legs are placed to look like a ring. This position gives your student more support than tailor sitting.

Please keep in mind that your student requires adequate core strength to maintain this position.

****If your student is unable to maintain this position without assistance please utilize another positioning activity****

Tailor Sitting



Tailor sitting (criss-cross sitting) is a great activity for students who are working on their core strength and balance. Please keep in mind that your student requires adequate core strength to maintain this position.

****If your student is unable to maintain this position without assistance please utilize another positioning activity****

