# REST, READ OR WATCH TV IN BED IN SAFE POSITIONS



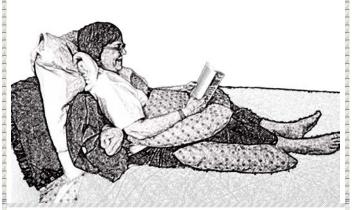
## **BAD SITTING POSITION:**

- Rounded back
- Head poked forward



### **HEALTHY FRONT-LYING:**

- •Partial prone with ABDOMINAL PILLOW support
- •Pillow under partially bent front leg
- Head supported in near zero rotation
- •BACK ARM AT SIDE behind body (not under chest or stomach)



#### **HEALTHY SITTING POSITION:**

- •TOWEL ROLLS BEHIND natural BACK and NECK curves
- •PILLOWS alternating between SIDEWAYS and STRAIGHT UP to better support head and body in addition to towel rolls
- •PILLOW UNDER ARMS for "LAP-DESK" support
- Pillow under knees





#### **HEALTHY SIDE & BACK-LYING:**

- •TOWEL ROLLS under BACK and NECK natural curves
- Long pillow or bolster BEHIND BACK AND HIPS
- 1-2 pillows between knees
- •PILLOW UNDER TOP ARM for "LAP-DESK" support