

REST, READ OR WATCH TV IN BED IN SAFE POSITIONS



BAD SITTING POSITION:

- Rounded back
- Head poked forward



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 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 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