FAST FACTS: Non-Drug Treatment: Positioning

Positioning means assisting your loved one to change to or stay in a comfortable position.

✓ **Benefits of Positioning:**
  - Helps with pain management
  - Decreases risk of complications such as bedsores
  - Helps maintain range of motion

✓ **Guidelines for Positioning and Stretching:**
  - Use pillows to support your loved one
    - When your loved one is laying on their side, make sure their ear is flat on the pillow and not turned under.
    - A full body pillow can be used to position your loved one on their side.
  - Gently bend and straighten arms and legs while helping your loved one turn; do not force joints or muscles beyond a place of comfort.
    - Use your loved one’s reactions as a guide for what is comfortable.
  - If your loved one is able to sit up, suggest they pretend to “write” the alphabet in the air using their feet or arms to support stretching and range of motion.
    - They can alternate arms or feet writing six letters at a time
    - Example: *Right Foot - A, B, C, D, E, F / Left Foot - G, H, I, J, K, L*

✓ **What Else You Should Do**
  - Write down and share information about your loved one’s pain with their healthcare provider.
  - Use a [Pain Diary](#) to note important information useful to the healthcare provider.
  - Encourage your loved one to try a non-drug treatment and document the impact on their pain in their Pain Diary.

**Reference**