FAST FACTS: Non-Drug Treatment: Positioning

Positioning means changing or staying 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 for support.
    o When you are laying on your side, make sure your ear is flat on the pillow and not turned under.
    o A full body pillow can be used to assist with positioning on your side.
  • Gently bend and straighten arms and legs while turning; do not force joints or muscles beyond a place of comfort.
  • If you are able to sit up, try pretend “writing” the alphabet in the air using your feet or arms to support stretching and range of motion.
    o You can alternate arms or feet writing six letters at a time.
    o 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 pain with your healthcare provider.
  • Use a Pain Diary to note important information useful to the healthcare provider.
  • Try a non-drug treatment and document the impact on your pain in your Pain Diary.

Resource