

## 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.
  - When you are laying on your side, make sure your ear is flat on the pillow and not turned under.
  - 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.
  - You 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 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.

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### **Resource**

Adapted from: Fouladbakhsh, J.M., et al., Nondrug therapies for pain management among rural older adults. *Pain Manag Nurs*, 2011. 12(2): p. 70-81. 2. The Nursing Home Pain Management Algorithm Clinical Trial, R01 NR009100, 7/1/05 – 4/30/10; Mary Ersek (PI) Used with permission of Mary Ersek and HPNA (2009).